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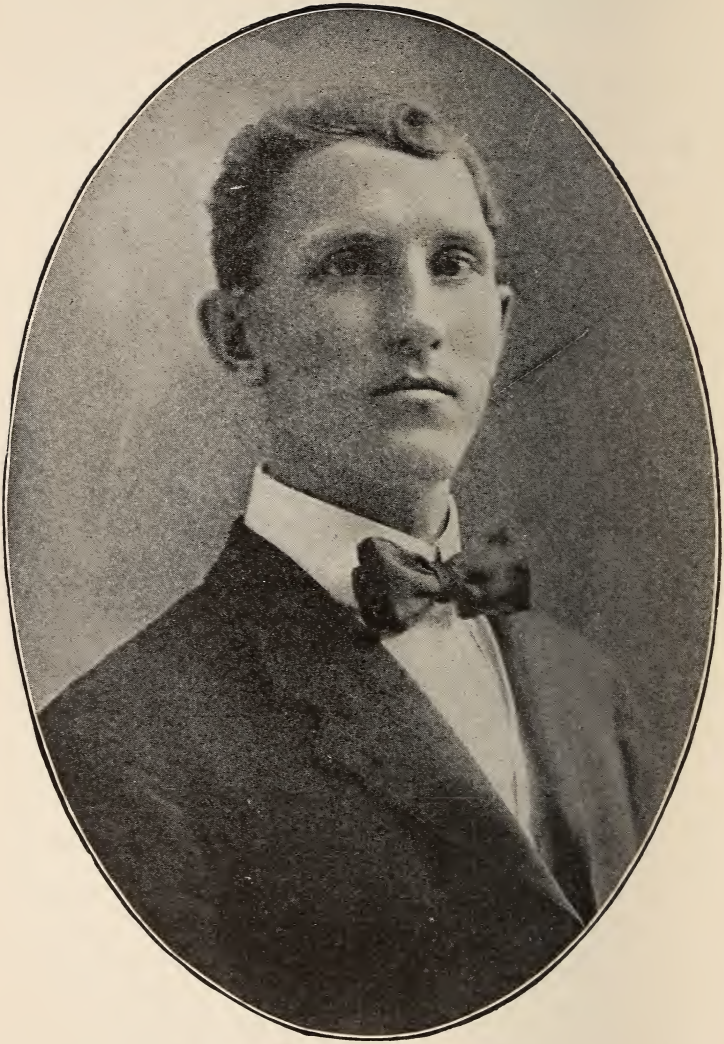

G. R. BORDEN

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Calisthenic Drills and Fancy Marching for the Class Room

BY

G. R. BORDEN

Physical Director of the High School,
Springfield, Ohio

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PREFACE.

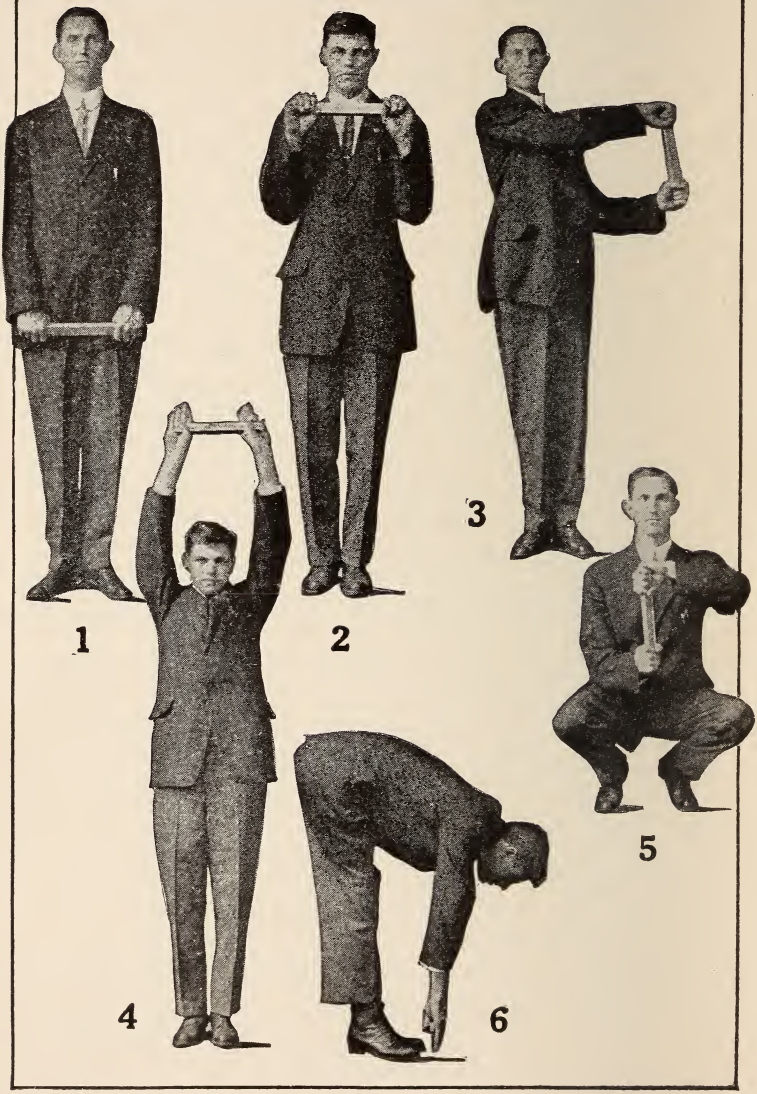
These exercises are published with the hope that the many thousands of school children daily crouched over their desks may be benefited by at least a few minutes of marching and calisthenics at each session.

The complaint that the schedule provides no time for recreation is, in many cases, literally true, but the wise teacher is realizing more and more that time devoted to exercise and fresh air is time gained. Let us get away from the old idea that the schoolroom is for the developing of the child's mind, with no regard to the body. How infinitely to be preferred is the child that knows how to breathe and walk to the intellectual prodigy.

Physical education these days is developing by leaps and bounds. Fortunately, the school authorities have been opening their eyes and are now making room for this very important part of the school work. In many schools time is set apart each session for physical culture, and the children have a chance to get out of their cramped seats, stretch their muscles, breathe into their lungs fresh, pure air, get the blood circulating and the system toned up, with the result that they will be benefited not only physically but be better able to continue their studies.

This series of exercises has been carefully prepared and arranged for the classroom.

G. R. BORDEN.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RULER DRILL.

Position: Stand in aisle, feet together, chest out, head up. Grasp the ruler with the hands as in Fig. 1.

Exercise 1. Swing ruler to chest and return, two counts. On count one, swing to chest (Fig. 2); count two, return to position (Fig. 1). Repeat the exercise at least eight times.

Exercise 2. From position of Fig. 1 swing sideward to left, arms straight (Fig. 3).

Exercise 3. Same to right.

Exercise 4. Alternate—first left, then right.

Exercise 5. From position of Fig. 1 swing to vertical (Fig. 4).

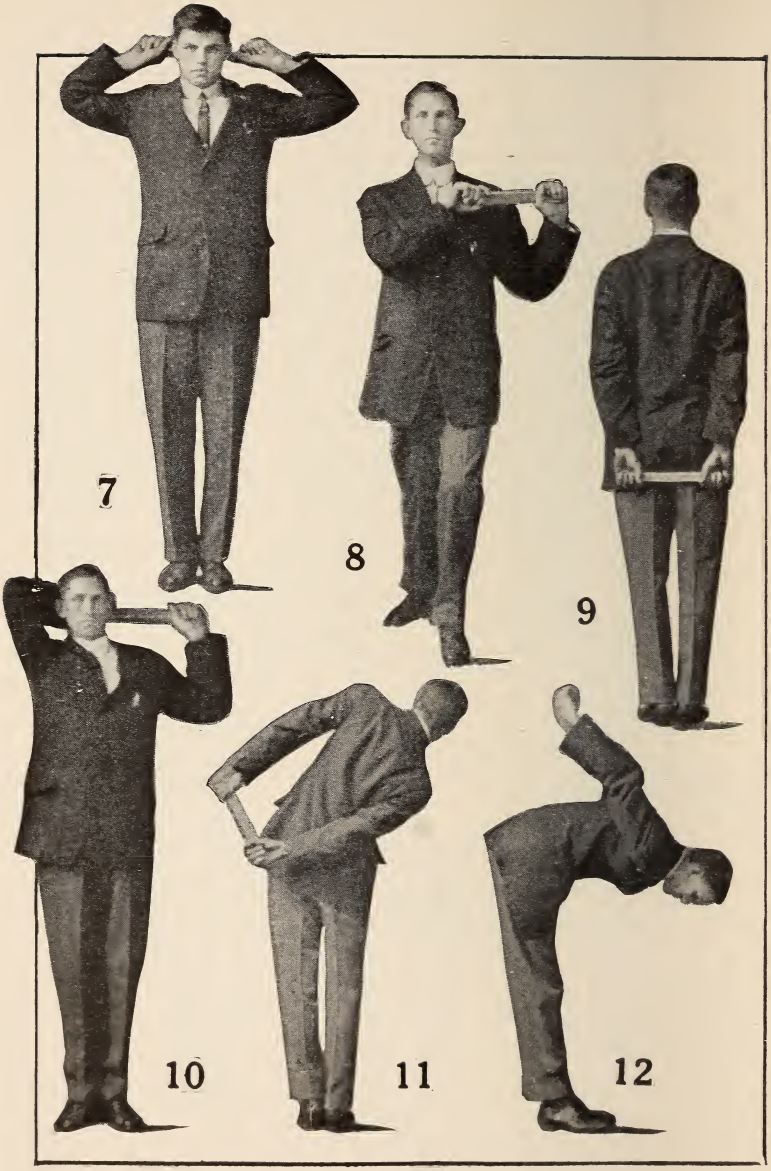
Exercise 6. Squat, and at the same time raise arms in front of chest with the ruler in vertical position, left hand on top (Fig. 5).

Exercise 7. Same as Exercise 6 to right.

Exercise 8. Bend forward, touching toes (Fig. 6), then swing to vertical (Fig. 4).

Exercise 9. Charge forward right foot and thrust hands sideward left, until left hand touches right shoulder and right arm extended right (Fig. 8).

Exercise 10. Same as Exercise 9, with charge left and swing arms left.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Exercise 11. Place ruler across back of neck (Fig. 7), then thrust to vertical (Fig. 4). This exercise will tend to draw the shoulders backward.

Exercise 12. Same position. Bend the body sideward left and right combined.

Exercise 13. Pull with the left hand, drawing the right hand across neck as far as possible; then pull with the right, drawing left across to right side (Fig. 10).

Exercise 14. Bend body forward as far as possible.

Exercise 15. Same position, with ruler on neck. Squat as in Fig. 5 and thrust hands vertical.

Exercise 16. Ruler back of hips (Fig. 9), body bent forward, and swing ruler backward as far as possible (Fig. 12).

Exercise 17. Swing sideward to left and right combined as far as possible by bending body slightly (Fig. 11).

Exercise 18. Position of Fig. 9. Squat as in Fig. 5 till ruler touches heels.

Exercise 19. Position of Fig. 9, ruler on back of hips. Bend body forward and swing ruler vertical (Fig. 12), count one; count two, return to position of Fig. 9; count three, swing arms sideward left (Fig. 11); count four, to position of Fig. 9.

Exercise 20. Position of Fig. 9. Squat by bending knees as in Fig. 5, till ruler touches the heels, on count one; count two, to position of Fig. 9; count three, bend body forward, swinging ruler to vertical (Fig. 12); count four, to position of Fig. 9.

Exercise 21. Position of Fig. 7, ruler on back of neck. Count one, thrust hands to vertical (Fig. 4); count two, back to position of Fig. 7; count three, bend body forward to position of Fig. 6, but with ruler on neck; count four, to position of Fig. 7.

Exercise 22. Position of Fig. 1. Count one, swing ruler to chest (Fig. 2); count two, thrust ruler forward full length of arm; count three, back to chest; count four, to position of Fig. 1.

Exercise 23. Position of Fig. 1. Count one, swing ruler to chest (Fig. 2); count two, thrust to vertical (Fig. 4); count three, return to chest; count four, return to first position.

Exercise 24. Swing ruler to chest (Fig. 2), count one; count two, bend forward, swinging ruler down to toes (Fig. 6); count three, return to chest; count four, back to position.

Exercise 25. Ruler on chest (Fig. 2). Bend forward, swinging rule to toes, count one; count two, back to chest; count three, thrust to vertical (Fig. 4); count four, to chest (Fig. 2).

Exercise 26. Position of Fig. 1. Squat as in Fig. 5 on count one; count two, come to position; count three, swing to vertical (Fig. 4); count four, to position.

Exercise 27. Same position (Fig. 1). Count one, squat (Fig. 5); count two, to position; count three, bend forward to toes (Fig. 6); count four, to position.

Exercise 28. Position of Fig. 1. Count one, swing to

vertical (Fig. 4); count two, swing to toes (Fig. 6); count three, return to Fig. 4; count four, to position.

Exercise 29. Position of Fig. 1. Count one, swing to vertical (Fig. 4); count two, lower to shoulders (Fig. 7); count three, return to vertical; count four, to position.

Exercise 30. Position of Fig. 7. Count one, bend body forward, position of Fig. 6, with ruler on neck; count two, holding this position, straighten the arms, thrusting ruler beyond head at arm's length; count three, return ruler to neck; count four, to position.

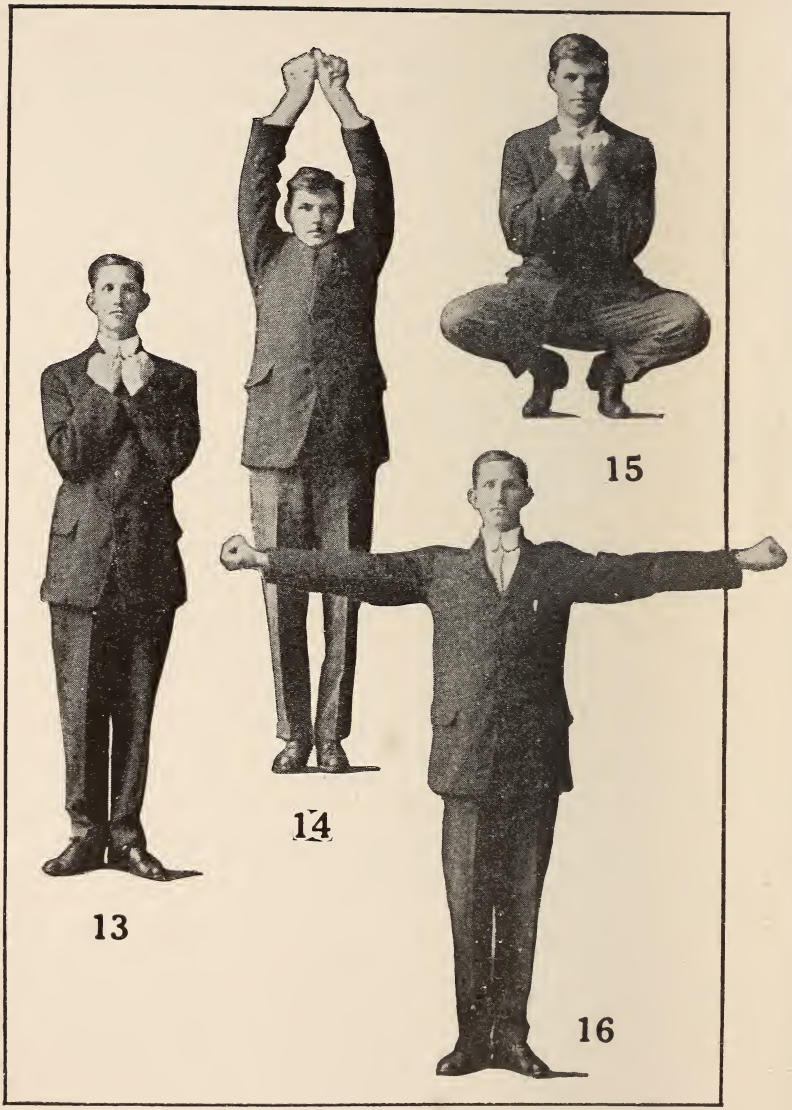
Exercise 31. Position of Fig. 1. Bend forward, swing ruler to toes (Fig. 6), hold position, and, on count two, swing ruler upward till arms are straight out above head; count three, return ruler to toes; count four, come to position.

Exercise 32. Position of Fig. 1. Count one, bend forward, touching toes (Fig. 6); hold position and flex arms, bringing ruler to chest, on count two; count three, return to toes; count four, to position.

Exercise 33. Position of Fig. 1. Count one, swing to vertical (Fig. 4), holding arm above head; count two, bend body forward, keeping arm rigid; return to position of Fig. 4 at count three; back to starting position (Fig. 1) at count four.

Exercise 34. Position of Fig. 7. Pull with left hand, drawing right across neck (Fig. 10); return to position of Fig. 7; count three, straighten arms, pushing ruler to vertical (Fig. 4); count four, return to neck (Fig. 7).

Exercise 35. Same as Exercise 34, to right side.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ANVIL DRILL.

Exercise 1. Children standing in the aisle, facing front of room. Chest out, head up, shoulders back and feet together. Fists clenched as if they were grasping some object in the hand. First strike the fists together under the chin (Fig. 13); on count two, swing the hands to vertical and strike fists together over head (Fig. 14). Repeat under chin, then over head.

Exercise 2. Same position. Strike the fists under chin, then back of the hips. (See Fig. 18 for position of hands.)

Exercise 3. Strike in front of hips, then in back of hips.

Exercise 4. Strike in back of hips, then in front of knees.

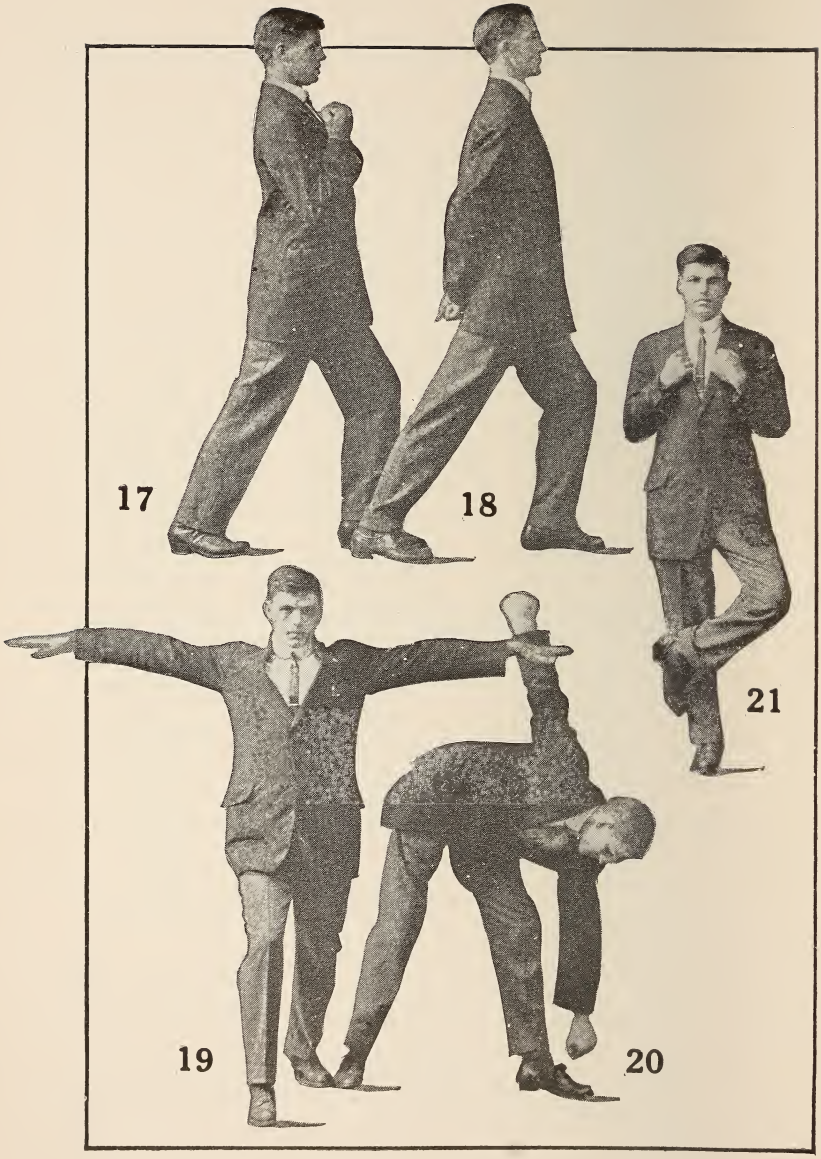
Exercise 5. Strike in front of hips, then in back of knees.

Exercise 6. Strike in back of knees, then in front of toes.

Exercise 7. Strike in front of chin (Fig. 13), then thrust arms sideward full length (Fig. 16).

Exercise 8. Strike in front of chin (Fig. 13), then thrust the arms forward full length, palms downward.

Exercise 9. Arms down at side. Swing arms to vertical, striking fists over head. (See position of Fig. 18 for arms.)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Exercise 10. Same position as in Exercise 9. Squat, lowering the body by bending the knees, at the same time striking the fists under chin (Fig. 15).

Exercise 11. Charge forward left foot, strike fists under chin (Fig. 17).

Exercise 12. Same as Exercise 11, but charge with right foot.

Exercise 13. Step the left foot to the rear about eighteen inches, bending right leg slightly. As you step back, strike the fists in back of hips (Fig. 18), then, as you bring the left foot forward, strike the fists in front of hips.

Exercise 14. Same as Exercise 13, but with the right foot.

Exercise 15. Fists together under chin; charge forward with left foot. At the same time you charge thrust the fists to side horizontal (Fig. 19).

Exercise 16. Same as Exercise 15, charging with the right foot.

Exercise 17. Stand facing the desk, fists on chest. Step sideward with left foot, bend body right, touching the right foot with right hand. Swing left hand to vertical (Fig. 20).

Exercise 18. Same as Exercise 17, stepping sideward with the right foot.

Exercise 19. Arms down at sides, swing fists to chest, at the same time bend the left knee, raising the foot up across right knee (Fig. 21).

Exercise 20. Same to the other side with right foot.

Exercise 21. Charge forward left foot and thrust fists to side horizontal (Fig. 19), count one; count two, swing fists to vertical, still in charge position (see Fig. 14 for position of hands); count three, return hands to side horizontal; count four, back to position.

Exercise 22. Strike fists over head (Fig. 14), count one; return to position of Fig. 13, count two; thrust hands to side horizontal (Fig. 16); return on count four.

Exercise 23. Squat and strike under chin (Fig. 15), count one; count two, position of Fig. 13; count three, strike over head (Fig. 14); count four, to position.

Exercise 24. Squat and strike under chin, count one; count two, to position; count three; thrust hands to side horizontal (Fig. 16); count four, to position.

Exercise 25. Position with hands at sides. Charge forward and strike hands under chin, count one; count two, to position; count three, swing arms over head and strike fists (Fig. 14); count four to position.

Exercise 26. Charge forward, striking fists under chin (Fig. 17), count one; to position on count two; count three, step left foot to the rear and strike behind hips (Fig. 18); count four, to position.

Exercise 27. Charge forward left foot, strike fists under chin (Fig. 17); return on count two; charge forward on right and strike fists over head on count three; to position on count four.

Exercise 28. Swing hands to sides (Fig. 16) on count one; strike under chin, count two; squat and strike under chin, count three (Fig. 15); return on count four.

CALISTHENICS I.

Exercise 1. Stand erect, both hands at front horizontal (Fig. 23), arms rigid. Hold the right arm at that position and swing left hand to side horizontal (Fig. 22).

Exercise 2. Same position (Fig. 23), and swing the right hand to side horizontal.

Exercise 3. Swing both hands to side horizontal.

Exercise 4. Position of Fig. 23. Swing left hand upward to vertical.

Exercise 5. Same as Exercise 4, with right hand.

Exercise 6. Position of Fig. 23. Swing both hands to vertical. (See Fig. 30 for position of hands.)

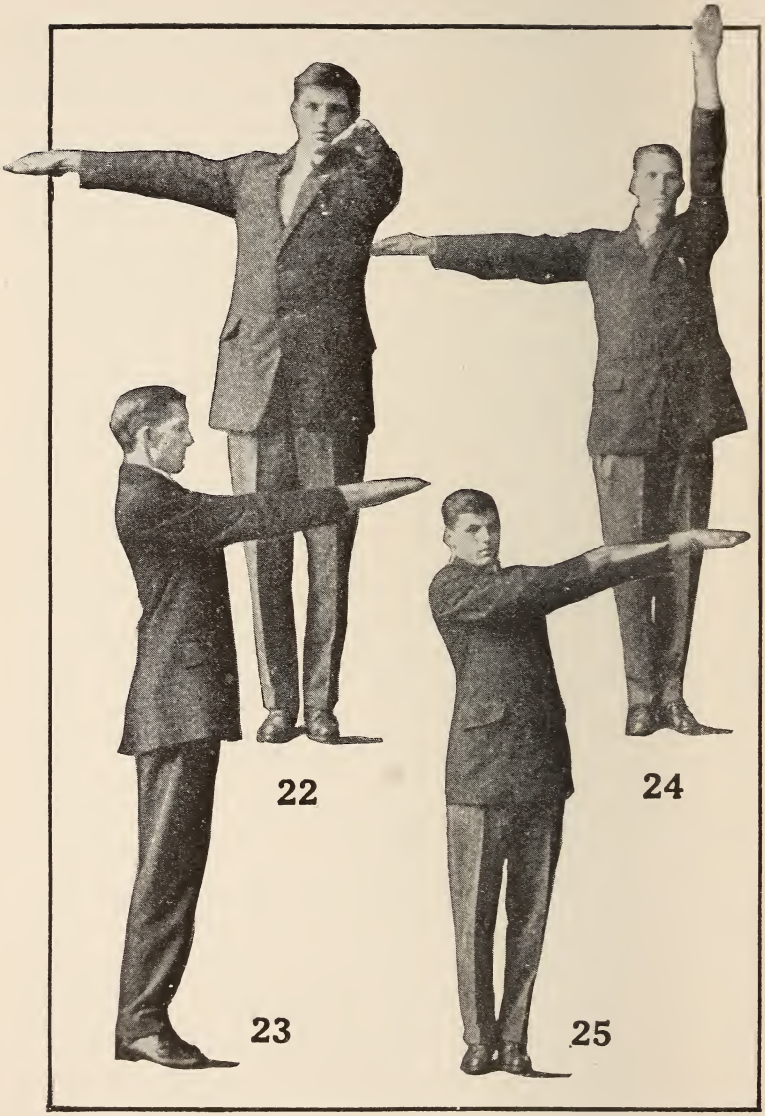
Exercise 7. Position of Fig. 23. Swing left hand to side horizontal and right hand to vertical (Fig. 24).

Exercise 8. Same to other side. Right hand to side horizontal and left hand to vertical.

Exercise 9. Position of Fig. 23. Swing both hands sideward to the left (Fig. 25).

Exercise 10. Position of Fig. 23. Swing both hands sideward right.

Exercise 11. Hands on hips (see Fig. 27 for position of hands.) Count one, squat (Fig. 27); count two, return to position; count three, touch left foot forward and swing arms to vertical; count four, bring the right foot forward and swing hands down, coming to position.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Exercise 12. Count one, half squat; count two, return to position; count three, swing arms to side horizontal and touch left toe to the rear; count four, bring arms to side and right foot to position.

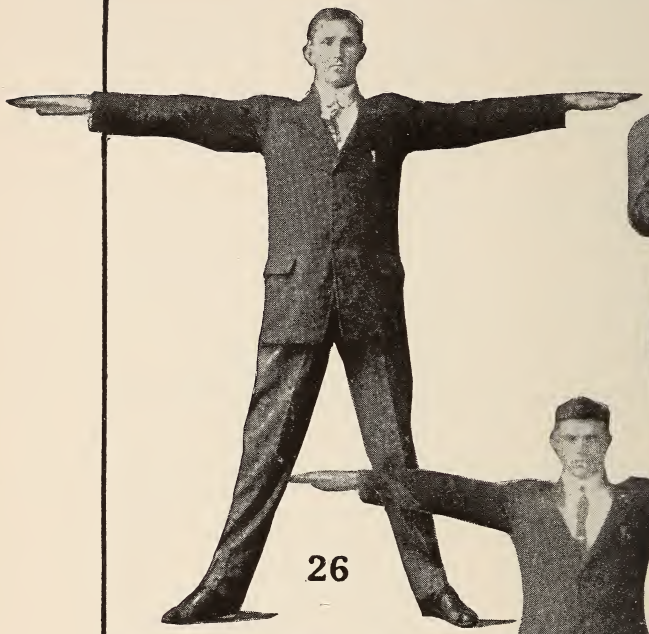
Exercise 13. Position of Fig. 23, hands front horizontal. Count one, squat; count two, come to position (Fig. 23); count three, swing both arms to side horizontal and touch the left toe sideward (Fig. 26); count four, swing hands together and bring left foot to position.

Exercise 14. Same as Exercise 13, using the right foot forward instead of the left.

Exercise 15. Same position as Fig. 31. Swing both arms sideward and rise to toes (see Fig. 29 for position of arms), count one; count two, flex hands to shoulders (see Fig. 48 for position of hands); count three, straighten the arms to side horizontal (Fig. 29); count four, swing arms to front horizontal (Fig. 23) and lower the heels to floor.

Exercise 16. Hands on chest (Fig. 28). Step forward on left foot and thrust the arms to the side; count two, return to position of Fig. 28; count three, thrust hands to vertical (see Fig. 30 for position of hands); count four, return to position.

Exercise 17. Hands on chest (Fig. 28). Thrust hands upward to vertical and touch right toe forward (see Fig. 30 for position of hands); count two, return to Fig. 28; count three, swing hands to side (Fig. 29); count four, return to position (Fig. 28).



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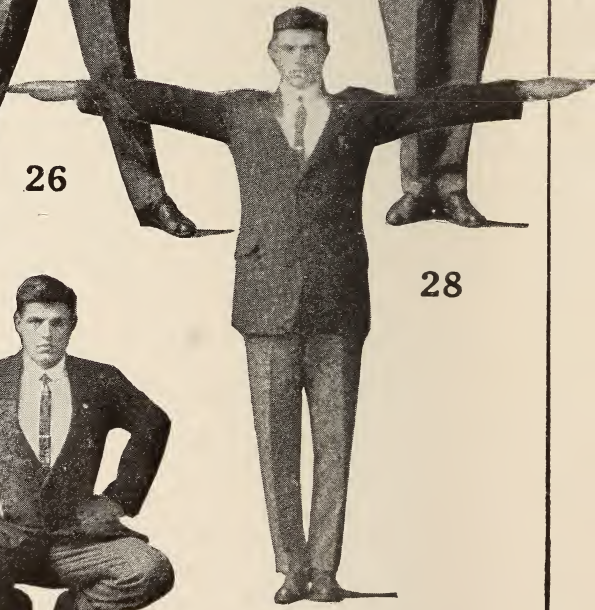

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Exercise 18. Rise on toes and thrust the hands forward on count one; count two, come to position; count three, half squat (see Fig 27 for position of squat) and thrust arms to side horizontal.

Exercise 19. Half squat and thrust arms to side horizontal, count one; count two, position; count three, raise the toes off the floor as far as possible and thrust the hands forward.

Exercise 20. Touch right toe backward and thrust hands to vertical (Fig. 39) on count one; count two, position; count three, bend body forward and thrust hands downward (Fig. 38); count four, return to position.

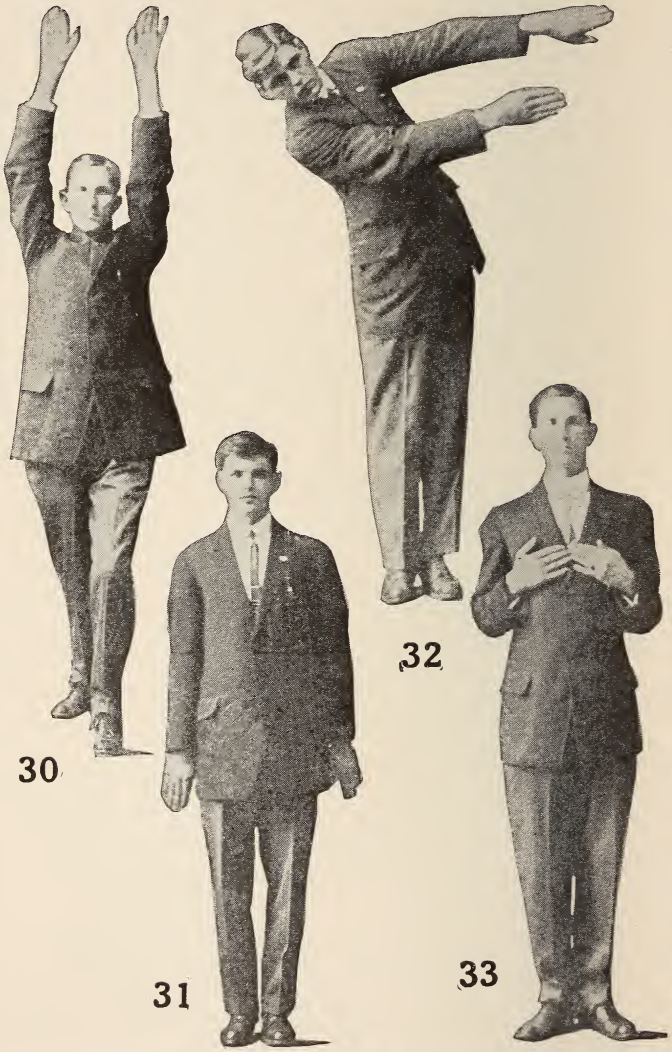
Exercise 21. Swing arms to side horizontal (Fig. 29) on count one; count two, rotate the body one-fourth turn left; count three, turn back with arm at side (Fig. 29); count four, come to position.

Exercise 22. Thrust the arms sideward and bend body left (Fig. 46); return to position (two count movement).

Exercise 23. Same as Exercise 22, but bend body right.

Exercise 24. Count one, thrust arms to side horizontal (Fig. 29); count two, swing the arms as far backward as possible; count three, return to side horizontal; count four, to position.

Exercise 25. Bend body forward on count one; return to position on count two; bend body backward and swing arms to vertical on count three; come to position on count four.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CALISTHENICS II.

Exercise 1. Position of Fig. 33, standing in the aisle, facing the desk. On count one, swing the arms down and to the right side (Fig. 32). On count two, swing to the opposite side; count three, swing back to the right side; count four, swing to position of Fig. 33.

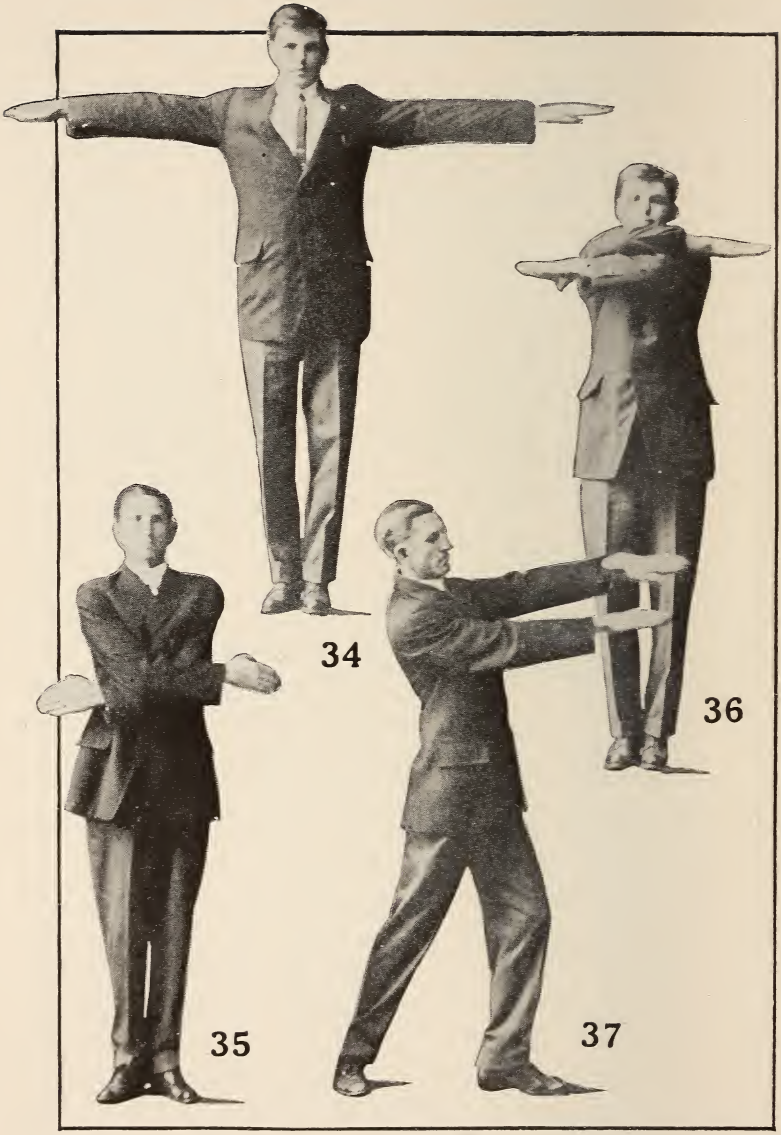
Exercise 2. Swing both arms upward to side horizontal (Fig. 34); count two, swing down and across as in Fig. 35; count three, swing back to horizontal (Fig. 34); count four, back to position of Fig. 33.

Exercise 3. Count one, swing arms to side horizontal as in Fig. 34; count two, swing them to vertical and down across as in Fig. 36; count three, back to side horizontal; count four, same as count two. Repeat Exercises 2 and 3 several times.

Exercise 4. Position of Fig. 33. Count one, charge to the left and swing the hands to left side (Fig. 37); count two, back to position (Fig. 33); count three, charge to right and swing hands to right (opposite of Fig. 37); count four, come to position.

Exercise 5. Position of Fig. 33, facing front of room. Count one, swing arms down to side (Fig. 38); count two, touch left foot to the rear and swing to vertical (Fig. 39); count three, back to Fig. 38; count four, to position.

Exercise 6. Same as Exercise 5, with the right foot instead of the left.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Exercise 7. Position of Fig. 33 on count one; charge forward with left foot and swing arms to vertical (Fig. 39) on count two; still in charged position, swing arms down and backward as far as possible (Fig. 38); count four, back to position.

Exercise 8. Same as Exercise 7, with the right foot charged.

Exercise 9. Position of Fig. 33, facing desk. Count one, charge left and swing the arms right (see Fig. 37 for feet, arms to other side); count two, swing back to position (Fig. 33); count three, charge right, swing arms left (feet opposite of Fig. 37); count four, to position.

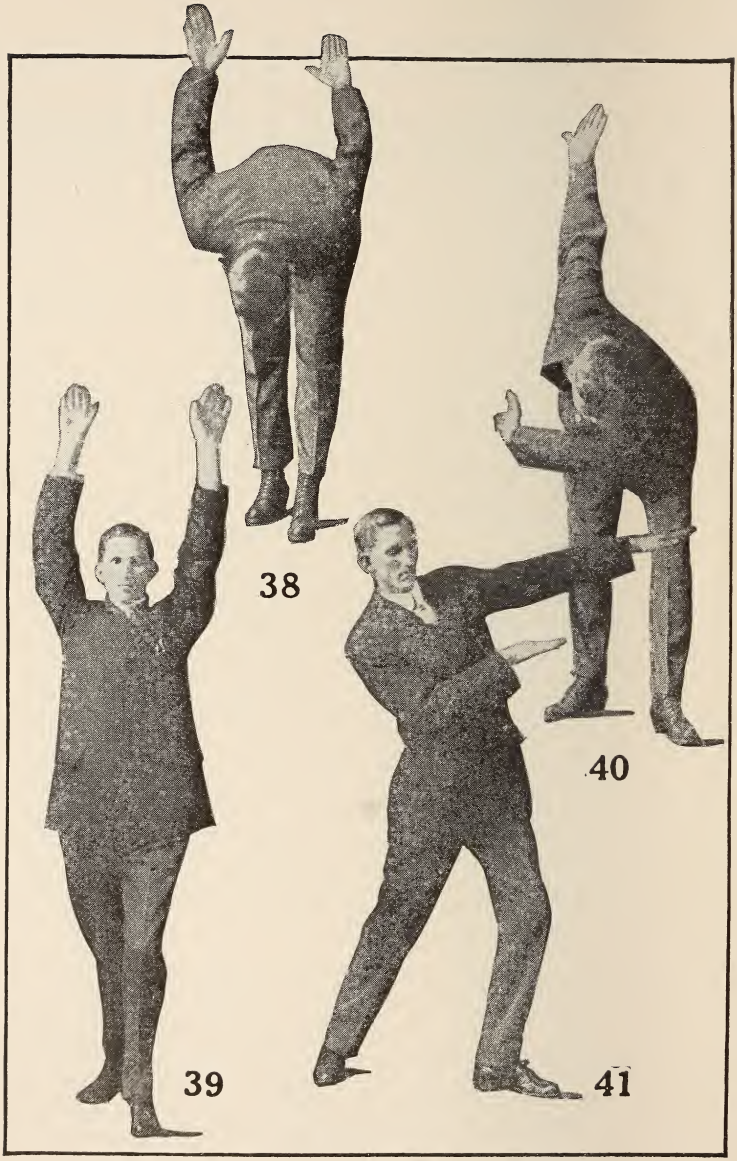
Exercise 10. Facing desk. Position of Fig. 33. Count one, charge sideward left as in Fig. 41; count two, hold charge position and swing the hands downward and to the rear, as position of hands in Fig. 40; count three, back to position of Fig. 41; count four, to Fig. 33.

Exercise 11. Position of Fig. 33. Count one, charge sideward left and swing arms to side horizontal (Fig. 41); count two, bend body sideward left and touch left toe with left hand, right hand to vertical (Fig. 43, opposite side); count three, come to position of Fig. 41; count four, back to position.

Exercise 12. Same as Exercise 11, to other side.

Exercise 13. Count one, swing both arms to right side and abduct the left foot as far as possible (see Fig. 32 for position of hands); count two, back to position (Fig. 33).

Exercise 14. Same as Exercise 13, to other side.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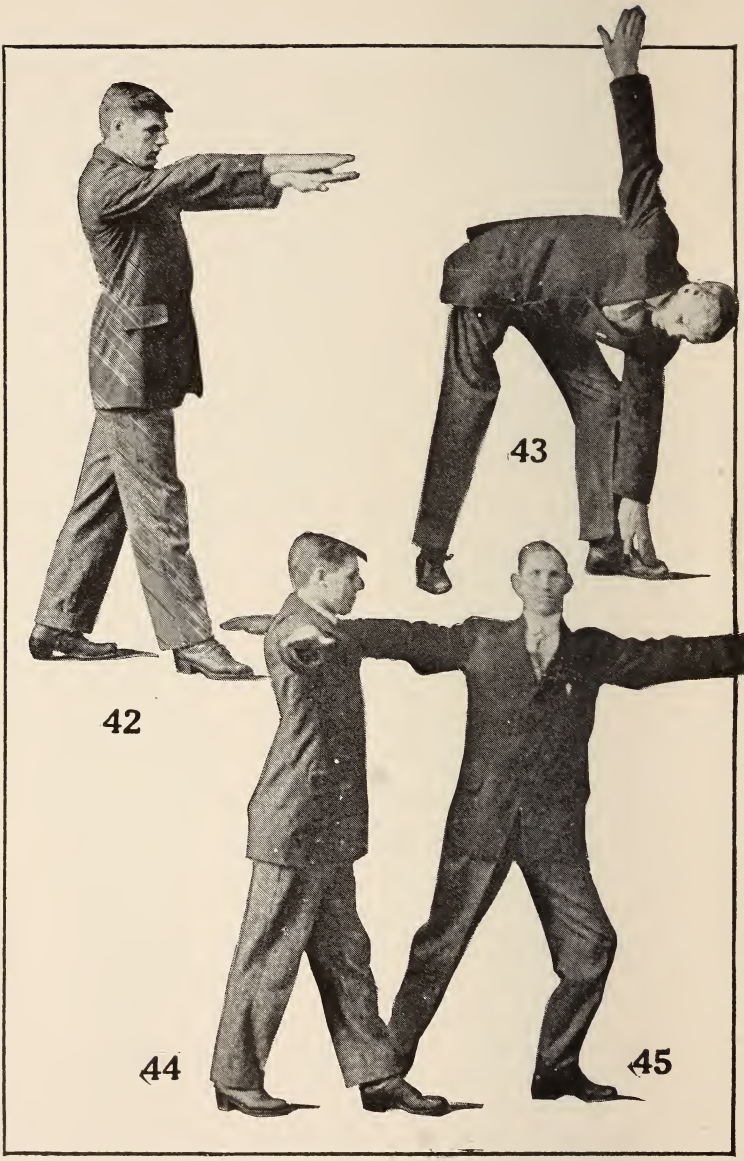
Exercise 15. On count one, charge left and swing the arms horizontal (Fig. 45); count two, hold same position, then turn the body one-fourth turn, coming to position of Fig. 44; count three, back to position of Fig. 45; count four, to position of Fig. 33.

Exercise 16. Same as Exercise 15, to other side.

Exercise 17. Facing front of room, charge forward, arms to side horizontal, coming to position of Fig 44; on count two, rotate the body one-fourth turn to position of Fig. 45; count three, back to Fig. 44; then to position on count four.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CALISTHENICS III.

Exercise 1. Stand facing desk. Swing arms forward on count one, also touch the left toe forward (Fig. 42); swing the arms to side horizontal on count two; swing the arms back to front horizontal on count three; return to position on count four.

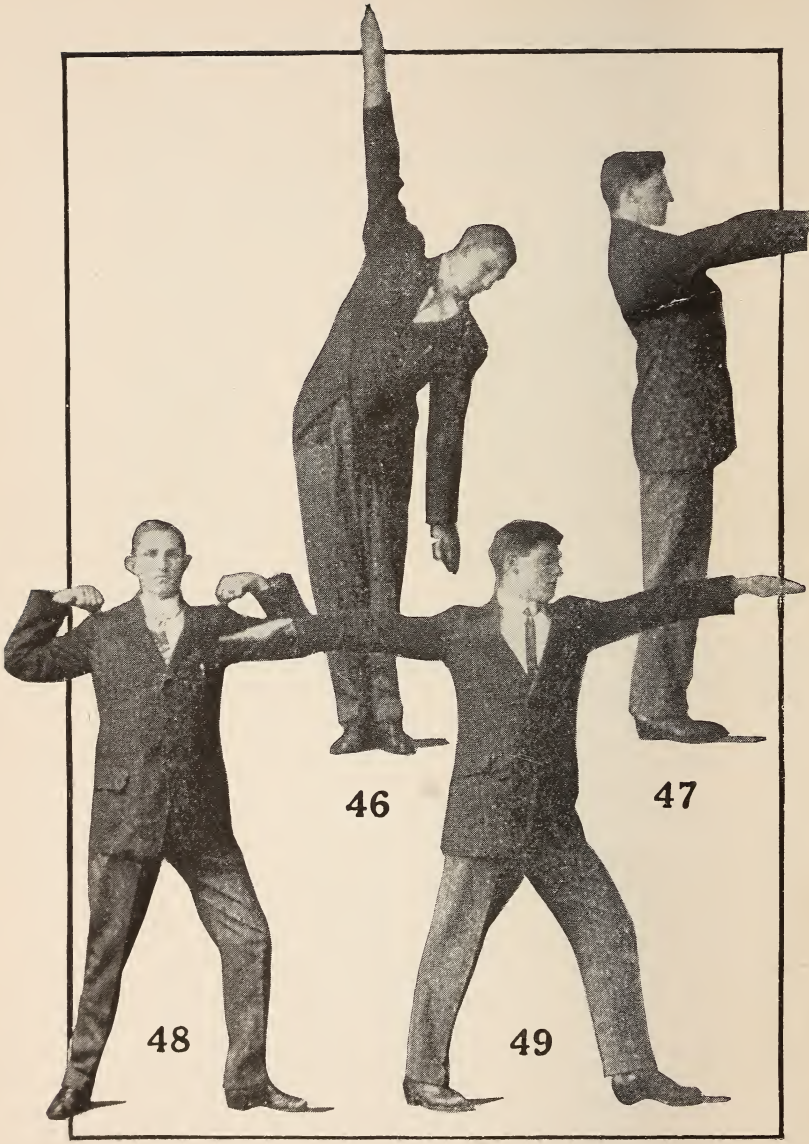
Exercise 2. Swing the arms to side horizontal and touch the right toe sideward on count one (see Fig. 26 for position of arms); swing arms to front horizontal on count two; return to side horizontal on count three; to position on count four.

Exercise 3. Jump to stride stand and swing the arms to side horizontal on count one (Fig. 26); from there swing the arms backward as far as possible and bend back on count two; swing the arms to side horizontal on count three; then jump to position on count four.

Exercise 4. Jump to stride stand and swing arms to side horizontal on count one (Fig. 26); bend body sideward left as far as possible on count two (see Fig. 46 for position of hands and body); straighten the body on count three; and back to position on count four.

Exercise 5. Same as Exercise 4, to the right side.

Exercise 6. Position with the hands on chest (Fig. 28). Thrust the hands to side horizontal (Fig. 29) on count one; rotate the body one-fourth turn on count two;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swing body back with the hands to side horizontal on count three; and to position on count four.

Exercise 7. Thrust both hands forward on count one (Fig. 47); swing both to the left side (Fig. 25) on count two; back to front horizontal on count three; and to position on count four.

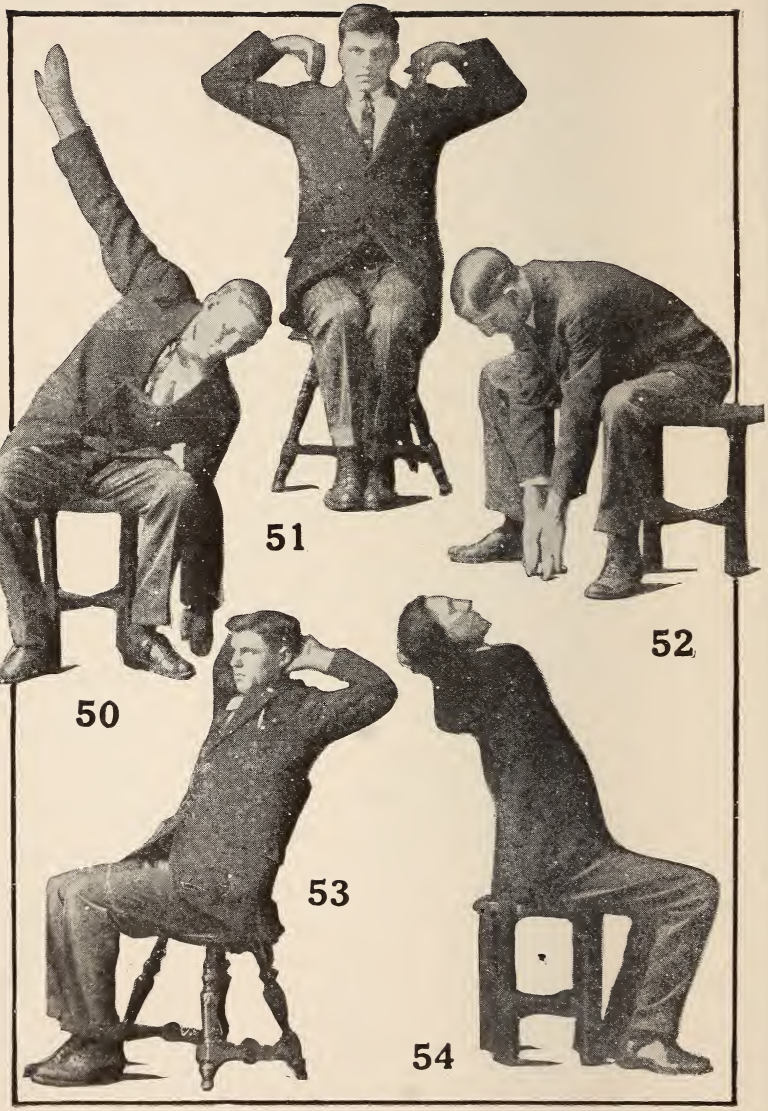
Exercise 8. Charge sideward and thrust the arms to side (Fig. 49) on count one; swing hands to shoulder on count two (Fig. 48); extend to side (Fig. 49) on count three; and to position on count four.

Exercise 9. Charge left and thrust the hands forward on count one; swing arms to side on count two (see Fig. 49 for position of feet and Fig. 47 for position of hands); return hands to front on count three; to position on count four.

Exercise 10. Same as Exercise 9, to the right side.

Exercise 11. Charge left, thrust arms to vertical, on count one; swing arms down to attention on count two; return to vertical on count three; to position on count four.

Exercise 12. Toe-touch right with the right foot and swing the arms forward on count one; return to position on count two; charge left and swing arms sideward on count three (see Fig. 49); to position on count four.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DRILL WHILE SEATED.

Exercise 1. Sitting position, hands on shoulders, as in Fig. 51. Straighten the arms to side horizontal at count one; on count two, return to shoulders.

Exercise 2. Same position; thrust hands to vertical.

Exercise 3. Alternate by first swinging hands to side horizontal on count one; back to shoulders on count two; thrust to vertical on count three; return to shoulders on count four.

Exercise 4. Arms out to front horizontal (see Fig. 34 for position of hands). Swing arms to side horizontal on count one; and return to position on count two.

Exercise 5. Arms same position. Swing upward to vertical (see Fig. 30 for position of hands) on count one; return to position on count two.

Exercise 6. Hands on hips, bend body sideward left as far as possible.

Exercise 7. Same to the right.

Exercise 8. Bend body sideward and touch left hand to floor, right hand to vertical (see Fig. 50).

Exercise 9. Same as Exercise 8, to the right.

Exercise 10. Alternate Exercises 8 and 9.

Exercise 11. Hands placed on back of head (see Fig. 53), elbows out at side. Swing elbows forward

as far as possible on count one; return to position on count two.

Exercise 12. Same position of hands as in Exercise 11. Draw the head forward as far as possible with the hands.

Exercise 13. With hands on head, bend backward as in Fig. 54 as far as possible, then forward as far as possible.

Exercise 14. Sit facing aisle, bend forward and touch fingers to floor (see Fig. 52). Swing hands upward, straightening the back, till hands are up to vertical. (See Fig. 30 for position of hands.)

Exercise 15. Position of Fig. 52. Swing left hand as high as possible without straightening the back.

Exercise 16. Same with right hand.

Exercise 17. Hands on head (Fig. 53). Rotate the body left and right as far as possible.

Exercise 18. Hands up to vertical. Clasp hands, holding arms close to the head. Bend body sideward left as far as possible. Don't let arms swing away from the head.

Exercise 19. Same as Exercise 18, to the right.

Exercise 20. Same position as in Exercise 18, bending forward and backward as far as possible.

GROUP DRILL.

All stand in aisle facing desks. Each pupil places his hands on the shoulders of the one at his side, until every one in the aisle has his hands on the other's shoulders; all facing in *the same direction.*

Exercise 1. All bend forward as far as possible, keeping hands on shoulders of partners.

Exercise 2. Bend backward as far as possible.

Exercise 3. Combine forward and backward movements.

Exercise 4. All raise left knee forward as far as possible.

Exercise 5. Same as Exercise 4, with right knee.

Exercise 6. All squat, by bending knees and lowering the body as far as possible. (See Fig. 27 for squat position.)

Exercise 7. Hop on right foot and swing left foot across in front of right on counts one, two; then hop on left and kick right foot across in front of left on counts three, four.

Exercise 8. Stride jump. Standing with feet together, jump to stride stand, feet about eighteen inches apart (see position of feet in Fig. 26), on count one; bring feet together on count two. Continue without stopping for at least twelve counts.

Exercise 9. Walk jump. Standing with feet one in front of the other (about fifteen inches or walking step apart), jump and alternate feet, back foot forward, and forward foot back, without gaining ground.

Exercise 10. All hop on left foot.

Exercise 11. All hop on right foot.

Exercise 12. Hop on left foot and touch right to sideward right on count one; on count two, swing right foot across in front of left and touch to left side. Swing foot from right to left continually for twelve counts.

Exercise 13. Same with right foot, and swing left across.

Exercise 14. All rise on toes as high as possible.

Exercise 15. All take the forward body bend on counts one and two; and rise on toes on counts three and four.

Exercise 16. Back body bend and rise on toes.

Exercise 17. Each pupil faces front of room and places his hands on the shoulders of the one in front. The whole row having their hands on the shoulders of the one in front, all start marching with the left foot. Continue the march around room.

Exercise 18. Same position as in Exercise 17. As pupils step forward on the left foot, all sway the body to the left as far as possible. As they step forward on the right foot, all sway the body to the right as far as possible.

MARCHING DRILLS.

Exercise 1. March class around floor. As they step forward on left foot, swing the arms up to front horizontal. As they step forward on the right foot, swing arms back down to position.

These are two-count movements and arms are moved with the feet. Repeat each movement at least twelve counts.

Exercise 2. Swing arms sideward up to side horizontal (arms straight). (See Fig. 29.)

Exercise 3. Swing arms forward up to vertical. (See Fig. 30 for position of hands.)

Exercise 4. Swing arms sideward up to vertical.

Exercise 5. Swing hands forward to chest (arms bent at elbow). (See Fig. 33 for position of hands.)

Exercise 6. Swing hands sideward up to shoulders. (See Fig. 48 for position of hands).

Exercise 7. Hands on chest, thrust arms out sideward to side horizontal.

Exercise 8. Hands on chest, thrust arms out to front horizontal.

Exercise 9. Thrust hands to vertical.

Exercise 10. Arms at side horizontal, bring hands to shoulders by bending elbows.

Exercise 11. Arms at side horizontal, swing hands backward as far as possible (arms straight).

Exercise 12. Same position of arms. Swing arms forward till they touch in front. (See Fig. 6.)

Exercise 13. Swing hands to vertical.

Exercise 14. Hands on hips. As you step forward on left foot, bend the body sideward left; then, as you step forward on right foot, bend body sideward right.

Exercise 15. Same as Exercise 14, but bend body forward with left foot and straighten with right foot.

Exercise 16. Arms at side horizontal (arms perfectly straight). Swing arms in short circle, so the fingers will describe a small circle about ten inches in diameter.

Exercise 17. Same as Exercise 16, with arms at front horizontal.

Exercise 18. Same as Exercise 17, with arms at vertical.

Exercise 19. Combination movements. As you step forward on left foot, swing arms to front horizontal; on right foot, swing hands to side horizontal; on left foot, swing back to front horizontal; on right foot, swing arms back to attention.

Exercise 20. Swing arms to side horizontal with left foot forward; swing arms backward as far as possible with right foot forward; back to side horizontal with left foot, and to position with right foot.

Exercise 21. Swing arms to side horizontal as you step forward on left foot; bend elbows and bring hands to shoulders with right foot; swing back to side horizontal with left foot; and to position with right foot.

Exercise 22. Swing arms forward up to front horizontal with left foot; bend elbow and swing hand to chest with right foot; swing hands to front horizontal; then to position.

Exercise 23. Arms at front horizontal, swing hands to chest; return to front horizontal; swing sideward to side horizontal; return to front horizontal.

Exercise 24. Hands on shoulders (elbows on a level with the shoulders). (See Fig. 51 for position of arms.) Two-count movement. Count one, drop the elbows as low as possible; count two, raise elbows to position.

Exercise 25. Hands same position as in Exercise 24. Swing elbows forward as far as possible; count two, return.

Exercise 26. Hands on hips. (See Fig. 27 for position of hands). March and raise the knee high up in front.

Exercise 27. March with knees rigid, bringing the foot forward about twelve inches above the floor.

Exercise 28. March on toes and bring the knee high in front.

MARCHING SERIES.

March No. 1. All standing in aisles, facing front. Every second row turns and faces rear of room. Starting to the left side of the room, the first aisle marches forward and across front of room, the second and third aisles following, till every aisle is marching in the same direction. The leader, after crossing the room, turns up the outside aisle and follows the last person in the last aisle. March up and down the aisles till the first person has reached his starting place.

March No. 2. Same position as before, with every second row facing the rear of the room. March forward, across front of room, up the outside aisle and across rear of room till the leader comes to the center aisle. Turn down the center aisle and march to the front of the room. When he reaches the front, the leader turns left and goes up the first aisle to left; the second person turns right and goes up the first aisle to the right; the third, fifth, seventh, ninth, etc., persons follow the first, and the fourth, sixth, eighth, tenth, etc., persons follow the second. When the leaders get to the rear of the room, they turn outward again and march down the next aisle, continue until they have gone up and down every aisle, and then they turn inward toward the center of the room, meeting at the center aisle. Number one goes up the aisle, number

two and all the others follow in single file, and continue in single file till all have come to their seats.

March No. 3. All march out and line up across front of the room by twos. Have one row turn one-half turn till both rows are facing in opposite directions. When marching starts, each leader turns and goes up the outside aisle on his side of the room. When both rows get to the rear of the room, both leaders turn inward and across back of room till they meet, then, marching single file down the center aisle, at the front they spread. Number one turning left, and number two right, march across front, each to his own side; turn up the second aisle from the side wall; march to the rear of the room across back till they meet again. This time they march down the two center aisles side by side. On reaching the front, they unite by single file and march to their seats.

March No. 4. Start the same as March No. 3, each leader to go up outside aisle to rear of room, turn, and down the next aisle, up the third, down the fourth, till leaders meet; then form single file and march across front of room, up the outside aisle, across rear of room to center, down center, and separate at front of room, each leader turning immediately and marching up the next aisle to rear of room. Each leader turns outward and marches across back of room to the outside aisle, down the aisle, across front of room, meet in center, single file up center aisle and return to their seats.

Remarks.—If the aisle at back of the room is narrow, and if, at any time, two rows have to pass each other

in any of these drills, turn up the back line of seats and make a passage through. This will make a double aisle in the back. There is always plenty of space in the front of the room for two rows to pass.

March No. 5. Line up as in March No. 3, every second row facing rear of room, having the two outside rows facing forward and in the second aisles from the side wall, so as to leave the two outside aisles vacant. The leader of the outside row to the left marches forward, and all the aisles to the left of the center follow the left leader. All those in the aisles right of the center follow the right leader. The leaders march forward (all on his side following) front of room until they meet. Now, instead of passing by at the side, each person turns in and out between every other person in line (zigzag marching), each leader goes up the outside aisle, across the rear of room, meet at center, march in single file down center aisle and to their seats.

March No. 6. Line up half of the scholars across the back of the room. The other half across the front of the room. All right face (that is, turn one-quarter turn right), so all are facing in the same direction and toward the side of the room. The row at the rear of the room marches across and down the outside aisle, turns immediately, and marches up the second aisle, and continue in every aisle till they get to the center aisle. The row at front of the room marches across and up the outside aisle on the opposite side of the room (starting at the same time the other row starts).

They march down the second aisle, etc., till they reach the center aisle and meet the other row. They now single file up the center aisle to the rear of the room, turn left single file across back, down outside aisle, across to center, then divide again, each row to their own side, and march up the two center aisles (each in their separate aisle), at the back of the room turn outward and across back of room, down the outside aisle, across front and meet at center, then single file up center and to their seats.

March No. 7. All rows facing front of room. The first row to the left marches down aisle and across front of room. After the last person in that aisle has passed to the front the first one in the second and succeeding aisles follow until every aisle is in line. The first pupil in reaching the opposite side of the room turns left and countermarches, going back, forming a double row. When he gets to the other side he makes a full turn right and countermarches, making a triple row, then marches up the outside aisle, down the second, up the third, down the fourth, etc., until all reach their seats.

SPALDING "RED COVER" SERIES OF
ATHLETIC HANDBOOKS No. 66R

Physical Training

for the

School and Class Room

(Suitable for between desks)

By C. R. BORDEN
Physical Director of the High School
Springfield, Ohio

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PREFACE

Who is not interested in children? Think of the mass of them in schools about five hours a day for five days a week and ten months a year, sitting at desks, either engaged in writing or some other form of work which brings the body in a cramped position.

True they have short periods for rest, but how woefully short in the average school-room and how many teachers have any definite idea of how to counteract the effect of this constant sitting by suitable exercises? True, the average school-room has no equipment and very limited space. Realizing this and with sympathy for the teacher who wishes to help but does not know how, and for the children who need help the author prepared this series of exercises.

My aim is to give some practical work for use in the school-room whether city or country; where space is limited and calisthenic work must be given between the desks.

FIG. 1—POSITION OF ATTENTION.

FIG. 2.

FIRST SERIES

Exercise No. 1.

ATTENTION. Finger flexion and extension with

(a) Arms at attention.
(b) Arms at side horizontal.
(c) Arms at front horizontal.
(d) Arms at vertical.

See Fig. 2.

Exercise No. 2.

Hand flexion and extension with

(a) Arms at attention. (Fig. 1.)
(b) Arms at side horizontal.
(c) Arms at front horizontal.
(d) Arms at vertical.

FIG. 4. FIG. 3.

Exercise No. 3.

Arm flexion with

(a) Arms at attention, flex hand to shoulder, sideward up.

(b) Arms at attention, flex hand to shoulder, forward up.

(c) Arms at side horizontal, flex hand to shoulder.

(d) Arms at front horizontal, flex hand to shoulder.

See Fig. 3.

Exercise No. 4.

ATTENTION. (Fig. 1.)

(a) Swing arms to vertical, sideward up.

(b) Swing arms to vertical, forward up.

FIG. 6.

FIG. 5.

Exercise No. 5.

Hands on hips.

(a) Side body bend (left).

(b) Side body bend (right).

(c) Side body bend (left and right combined).

(d) Back body bend.

See Fig. 5.

Exercise No. 6.

Hands on hips.

(a) Rise on toes.

(b) Rise on heels.

(c) Alternate toes and heels.

(d) Spread feet, keeping heels together.

See Fig. 4.

FIG. 7.

FIG. 8.

Exercise No. 7.

Half squat with (Fig. 10)

(a) Hands on hips.
(b) Arms at side horizontal.
(c) Arms at front horizontal.
(d) Hands on back of head.

Exercise No. 8.

Hands on hips.

(a) Toe touch, sideward (left side).
(b) Toe touch, sideward (right side).
(c) Toe touch (alternate left and right).
(d) Toe touch, backward (left side).
(e) Toe touch, backward (right side).
(f) Toe touch (alternate left and right).
(g) Toe touch, forward (left).
(h) Toe touch, forward (right).
(i) Toe touch (alternate left and right).

Keep the leg extended, and as you swing it out squat a little on the leg which your weight is resting upon.

See Fig. 6.

FIG. 9.

FIG. 10.

SECOND SERIES

Exercise No. 1.

Arm circumduction with

(a) Arms at attention. (Fig. 1.)

(b) Arms at side horizontal.

(c) Arms at front horizontal.

(d) Arms at vertical.

Exercise No. 2.

Hands on hips.

(a) Flex lower leg (left).

(b) Flex lower leg (right).

(c) Alternate left and right.

Bring heels to thigh.

See Fig. 8.

FIG. 11.

FIG. 12.

Exercise No. 3.

(a) Flex thigh and leg (left).

(b) Flex thigh and leg (right).

(c) Alternate left and right.

Bring knee forward up and heel to thigh.

See Fig. 9.

Exercise No. 4.

Hands on hips.

Swing elbows as far forward and backward as possible.

FIG. 13.

FIG. 14.

WALKING CALISTHENICS

Exercise No. 5.

(a) Take four steps forward on count 1, 2, 3, 4; on the fourth step come to attention. Toe touch forward twice with left foot, 5, 6, 7, 8.

Exercise No. 6.

(a) Same as Exercise No. 5, but toe touch with right foot.

(b) Alternate left and right foot.

FIG. 15.

FIG. 16.

Exercise No. 7.

(a) Four steps forward and toe touch backward with left foot.
(b) Four steps forward and toe touch backward with right foot.
(c) Alternate with left and right foot.

See Fig. 15.

THIRD SERIES

Exercise No. 1.

Hands clasped on back of head.

(a) Flex head forward.
(b) Flex head sideward (left).
(c) Flex head sideward (right).
(d) Flex head backward.
(e) Swing elbows as far forward as possible.
(f) Rotate body.

ATTENTION. Exercise No. 2.

(a) Swing arms to side horizontal.
(b) Swing arms to front horizontal.

Exercise No. 3.

(a) Half squat and swing arms to front horizontal.
(b) Half squat and swing arms to side horizontal.

See Fig. 10.

Exercise No. 4.

(a) Rise on toes and swing arms to front horizontal.
(b) Rise on toes and swing arms to side horizontal.

See Fig. 4.

Exercise No. 5.

(a) Toe touch forward—swing arms to side horizontal.
(b) Toe touch forward left—swing arms forward to vertical.
(c) Toe touch forward right—swing arms forward to vertical.

Walking Calisthenics. Exercise No. 6.

(a) Four steps forward and left toe touch backward.
(b) Four steps forward and right toe touch backward.
(c) Alternate left and right toe touch.

Four steps with Exercise No. 7.

(a) Half squat twice, 5, 6, 7, 8.

See Fig. 10.

Four steps forward with Exercise No. 8.

(a) Swing arms sideward to vertical twice.
(b) Swing arms forward to vertical twice.

FOURTH SERIES

Exercise No. 1.

(a) Toe touch sideward, left; swing arms to front horizontal.
(b) Toe touch sideward, right; swing arms to front horizontal.
(c) Toe touch backward, left; swing arms to front horizontal.
(d) Toe touch backward, right; swing arms to front horizontal.

Exercise No. 2.

Combine toe touch forward, sideward and backward—6 counts.

(a) With left foot.
(b) With right foot.
(c) Alternate left and right—count 12.

Exercise No. 3.

Arms at side horizontal.

(a) Flex to shoulder (palms up).
(b) Flex to arm pits (palms down).
(c) Swing arms forward and clap in front.

Exercise No. 4.

Stride stand—feet 18 inches apart—hands on chest.

(a) Thrust hands downward.
(b) Thrust hands sideward.
(c) Thrust hands forward.
(d) Thrust hands vertical.

See Fig. 11.

Exercise No. 5.

Stride stand—hands at side.

(a) Flex to chest on count 1. From chest to vertical, count 2; back to chest, count 3; attention at 4.
(b) Same as (a) but swing from chest to side horizontal instead of vertical.

Exercise No. 6.

Walking Calisthenics.

Hands on hips—four steps forward with forward body bend twice.

Exercise No. 7.

Four steps forward with

(a) Side body bend, left, twice.
(b) Side body bend, right, twice.
(c) Side body bend, alternate left and right.
(d) Back body bend.

See Fig. 5.

Exercise No. 8.

Four steps forward and full squat twice.

FIFTH SERIES

Exercise No. 1.

Rise on toes and swing arms to side horizontal.

Exercise No. 2.

Walk stand position, left foot advanced, hands on hips.

(a) Forward body bend and touch left toe with left hand; swing right hand to rear vertical.
(b) Same as (a) but swing right hand to left toe.
(c) Same as (a-b) with left foot advanced.

See Fig. 13.

Exercise No. 3.

Hands on chest.

(a) Charge forward (left foot) and thrust hands to side horizontal.
(b) Same as (a) but charge with right foot.
(c) Alternate.

Exercise No. 4.

Full squat with

(a) Hands on hips.
(b) Arms at side horizontal.
(c) Arms at front horizontal.

See Fig. 10.

Exercise No. 5.

Hands on chest.

(a) Charge forward with left foot, thrust hands forward to front horizontal.
(b) Same as (a) with right foot.

Walking Calisthenics. Exercise No. 6.

(a) Four steps forward, charge forward with left foot twice.
(b) Same as (a) with right foot.
(c) Alternate left and right foot.

Exercise No. 7.

(a) Four steps forward with toe touch forward, left foot.
(b) Same as (a) with right toe touch.
(c) Alternate left and right foot.

Exercise No. 8.

Four steps forward, rise on toes.

SIXTH SERIES

Exercise No. 1.

Arms at vertical; hands together. Keep arms perfectly straight and close to head.

(a) Side body bend, left.
(b) Side body bend, right.
(c) Alternate.
(d) Body bend backward.
(e) Body bend forward.

Position. Exercise No. 2.

(a) Swing arms to vertical forward; from vertical sideward down to attention—return to vertical and forward down to attention (four counts).

Hands on chest. Exercise No. 3.

(a) Half squat (count 1); thrust hands to front horizontal and back to chest at 2, 3. Come to attention on count 4.
(b) Same as (a) thrusting hands to side horizontal instead of front.
(c) Same as (a) thrusting hands to vertical instead of front.

Hands on chest. Exercise No. 4.

(a) Charge, left foot forward, count 1. Thrust hands to side horizontal and return to chest on count 2, 3. Come to attention on count 4.

(b) Arm movements same as (b) (c) of exercise No. 3.

Attention. Exercise No. 5.

(a) Charge forward, left, swinging arms to vertical on count 1. From vertical swing hands to toes (charged position) and return to vertical at count 2, 3. Come to position on count 4.

(b) Same as (a) with charge right.

See Fig. 12.

Walking Calisthenics. Exercise No. 6.

Four steps forward, then rise on heels.

Exercise No. 7.

(a) Four steps, then flex arms sideways to shoulders (twice).

(b) Same as (a) but flex arms forward to shoulders.

Exercise No. 8.

Hands on hips. Four steps with

(a) Leg and thigh flexion, left.

(b) Leg and thigh flexion, right.

(c) Leg and thigh flexion, alternate each leg once.

See Fig. 9.

SEVENTH SERIES

Exercise No. 1.

Stride Stand. Hands on hips.

(a) Side body bend, left.

(b) Side body bend, right.

(c) Body bend, forward.

(d) Body bend, backward.

Fig. 11, with hands on hips.

Exercise No. 2.

Hands on chest; feet at attention.

(a) Charge forward left and thrust hands forward.

(b) Charge forward right and thrust hands forward.

Hands on hips. Exercise No. 3.

Full squat and touch fingers to floor—front.

Exercise No. 4.

(a) Half squat at count 1, 2; left toe touch forward at 3, 4.
(b) Half squat at count 1, 2; right toe touch forward at 3, 4.
(c) Half squat at count 1, 2; and alternate toe touch left and right. Combine Figs. 10–6.

Hands on hips. Exercise No. 5.

(a) Body bend forward on count 1, 2; left toe touch forward at count 3, 4.
(b) Same as (a) with right toe touch.
(c) Same as (a) with toe touch backward.
(d) Same as (b) with toe touch backward.
Combine Figs. 5–6.

Four steps forward with Exercise No. 6.

(a) Toe touch front at count 1; side at count 2; back at 3. Come to attention at 4.

Four steps forward with Exercise No. 7.

(a) Rise on toes count 5, 6; half squat, 7, 8.

Four steps with Exercise No. 8.

(a) Swing arms to side horizontal 5, 6, and charge forward at 7, 8.

EIGHTH SERIES

Exercise No. 1.

(a) Rise on toes and swing arms front horizontal.
(b) Rise on toes and swing arms side horizontal.
See Fig. 4.

Hands on hips. Exercise No. 2.

One step backward to attention at count 1, 2; half squat, 3, 4; forward step to attention, 5, 6.

Exercise No. 3.

Class left face (face desks).

(a) Toe touch sideward, left; flex arms to shoulders.
(b) Toe touch sideward, right; flex arms to shoulders.

Exercise No. 4.

(a) Charge left and swing left hand to vertical.
(b) Charge right and swing right hand to vertical.
(c) Charge, alternate (a) and (b).
See Fig. 12.

Exercise No. 5.

(a) Charge left and swing left arm vertical on count 1. Swing left hand to knee and return at count 2, 3 Come to attention count 4.
(b) Same to right.

Exercise No. 6.

Walking Calisthenics. Four steps forward with
(a) Left toe touch forward 5, 6, and half squat, 7, 8.
(b) Right toe touch forward, 5, 6, and half squat, 7, 8.

Exercise No. 7.

Four steps forward with
(a) Side body bent left 5, 6, and toe touch right foot backward, 7, 8.
(b) Same as (a) but right body bend and right toe touch

Exercise No. 8.

Four steps forward with
Forward and back body bend combined.
See Fig. 7.

NINTH SERIES

Hands on hips. Exercise No. 1.

(a) Half squat and charge left.
(b) Half squat and charge right.
See Figs. 10 and 12.

Stride stand. Exercise No. 2.

(a) Side body bend left and touch left toe with left hand.

Exercise No. 3.

Same as Exercise No. 2 to the right.

Exercise No. 4.

Alternate Exercises Nos. 2 and 3.

Hands on hips. Exercise No. 5.

Turn body left to right as far as possible.

Exercise No. 6.

Walking Calisthenics. Four steps forward with—
Forward body bend—count 5, 6, and rise on toes 7, 8.

Exercise No. 7.

Hands on hips. Four steps forward with—

(a) Charge forward left foot and half squat.

(b) Charge forward right foot and half squat.

Exercise No. 8.

Four steps forward with

(a) Swing hands forward to chest at count 5; from chest to side horizontal at count 6; back to chest at 7, and to position at 8.

TENTH SERIES

Attention. Exercise No. 1.

Swing arms to vertical and return.

Exercise No. 2.

Swing arms to vertical. From vertical to toes. Return to vertical and to attention (4 counts).

Hands on hips. Exercise No. 3.

(a) Circumduction of the body, left.

(b) Circumduction of the body, right.

Move the body so as to describe a circle with the head.

Exercise No. 4.

Arms at front horizontal.

Swing both arms as far left to right as possible by rotating the body.

Exercise No. 5.

Left arm flexed to shoulder and right arm at side horizontal.

(a) Extend left arm and flex right arm simultaneously.

Exercise No. 6.

Walking Calisthenics. Hands on chest. Four steps forward with
Thrust hands to front horizontal on count 5;
Swing back to side horizontal at count 6 to
Front horizontal and back to chest at 7, 8.

Exercise No. 7.

Take four steps forward with
Half squat, count 5. Thrust hands forward and return to chest count 6, 7. Come to attention from squat at count 8.
See Fig. 10.

Exercise No. 8.

Arms folded. Four steps forward.

(a) Swing folded arms up to head and return (twice).

ELEVENTH SERIES

Exercise No. 1.

Stand on left foot; the right leg abducted to side

(a) Circumduction with right leg (foot describing circle).
(b) Circumduction with left leg (foot describing circle).
See Fig. 16.

Exercise No. 2.

Hands clasped behind hips.

(a) Swinging hands backward and upward as far as possible.

Exercise No. 3.

Hands clasped behind hips.

(a) Swinging hands left as far as possible (body bend).
(b) Swinging hands right as far as possible (body bend).
(c) Alternate to right and left.

Exercise No. 4.

Same position as in No. 3.
Forward body bend swinging arms to rear vertical.

ATTENTION. Exercise No. 5.

Arm circles, make each hand describe a complete circle and swing from shoulder.

Walking Calisthenics. Exercise No. 6.

Four steps forward (combine Exercise No. 2 at count 5, 6, 7, 8).

Walk four steps with Exercise No. 7.

Exercise No. 4 at count 5, 6, 7, 8.

Walk four steps with Exercise No. 8.

Full arm circle (Exercise No. 5).

TWELFTH SERIES

Hands on hips. Exercise No. 1.

(a) Thigh extension, left leg.
(b) Thigh extension, right leg.

Extend thigh backward as far as possible, leg and foot extended. See Fig. 15.

Exercise No. 2.

Backward and forward body bend combined.

Arms at side horizontal. Exercise No. 3.

(a) Swing forward and backward about 6 inches.
(b) Arms at front horizontal. Movement same as (a).

Face desk, hands on hips. Exercise No. 4.

(a) Thigh abduction, left.
(b) Thigh abduction, right.
See Fig. 16.

Exercise No. 5.

(a) Thigh abduction, left, and full squat combined.
(b) Thigh abduction, right, and full squat combined.
Combine Figs. 16–10.

Walking Calisthenics. Exercise No. 6.

Walking four steps forward with Exercise No. 1 of this series.

Exercise No. 7.

Four steps forward with Exercise No. 2 (this series).

Exercise No. 8.

Four steps forward with full and half squat combined.

Open the windows enough to let in plenty of fresh air; then march at least once around the room; then take a deep breathing exercise, before the drill.

After the drill march once more around the room and close the windows as they march so the air will become still by the time the students sit down to avoid any taking cold.

Each exercise should be repeated at least four times. In counting for the drill count to eight and back, *i. e.,* 1, 2, 3, 4, 5, 6, 7, 8, 8, 7, 6, 5, 4, 3, 2—hold. In counting for the walking calisthenics just count from 1 to 8, *i. e.,* 1, 2, 3, 4, 5, 6, 7, 8—then begin at 1 again. This gives four counts for the marching steps and four for the exercise.

Insist that each student stand correctly.

1. Attention. The position of attention is with the heels together, arms down at side, chin in, chest forward, and hips in a line with the heels and shoulders.

2. Flexion. The term flexion is applied only to the extremities, and in gymnastic use means the moving of a whole or part of any extremity (excepting the head) in the direction in which it can be most closely approximated.

3. Extension is the reverse of Flexion.

4. Rotation is the turning of the trunk or any of its extremities upon its long axis. (Syn. of twisting.)

5. Walk stand. The position of walk stand either foot is two lengths of itself in front of the other, both legs extends and supporting the body equally.

6. Stride stand. The position of stride stand is with heels two lengths of foot apart laterally, legs supporting equal weight of body.

7. Toe touch. One foot is advanced in the direction indicated, foot extended, toe touching the floor, other foot in place and supporting entire weight of body.

8. Charge. One foot is advanced two foot lengths from heel to heel in the direction indicated, knee bent and directly over instep. Most of the weight is supported on this foot. The other foot is in place with knee straight.

9. Squat. A position arrived at by lowering the body, thighs and legs flexed to their fullest extent, body erect.

10. Half squat. Same as squat only half the distance.

11. Circumduction is a movement in which the end of the extremity describes a circle and the whole extremity describes a cone.

12. Thrust. From a position in which the forearms are flexed the arms are extended, the hands moved in a straight line in the direction indicated.

13. Thigh extension. The thigh is extended backward as far as possible, legs and foot extended.

13. Thigh abduction. Moving the thigh from the medium line of its own side. To be done without altering position of pelvis.

14. Stoop stand. Legs are at attention, trunk bent forward at hips about 30 degrees, back straight, chin in.

Spalding Spring Grip Dumb Bells

Manufactured by A. G. Spalding & Bros.

These dumb bells are made in two halves connected by steel springs—as specified in the Sandow patent, which expired August 8, 1916—the effort necessary in gripping, making it necessary to continually devote the whole mind to each movement. This concentration of will power on each muscle involved is what is responsible for the great results obtained through properly exercising with them.

Black Enameled Bells, Springs Nickel-Plated and Polished

No. **6.**	MEN'S.	Seven steel springs.	Pair, **$2.50**
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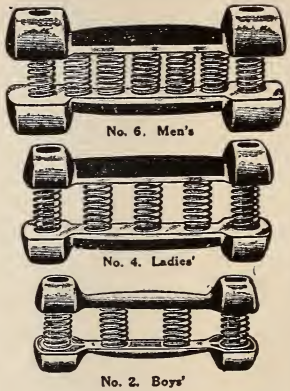
No. **4.**	LADIES'.	Five steel springs.	" **1.50**
No. **2.**	BOYS'.	Four steel springs.	" **1.25**

We include with each pair of Spalding Spring Grip Dumb Bells a chart of exercises and full instructions for using. This is the most complete exercising chart ever devised and yet it is very plain and easy to understand. Profusely illustrated.



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Made of good material and superior in shape and finish to the best wood dumb bells of other makes. Each pair wrapped in paper bag. Weights specified are for each bell.

½ lb. Pair, **35c.** ★ *$3.36 Doz.* 1 lb. Pair, **45c.** ★ *$4.44 Doz.*
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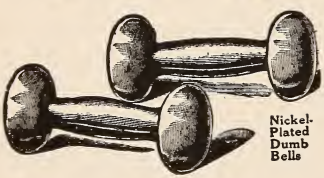

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¾ lb. " **40c.** ★ *3.96* " 2 lb. " **70c.** ★ *7.20* "
1 lb. " **45c.** ★ *4.44* " 3 lb. " **85c.** ★ *9.12* "

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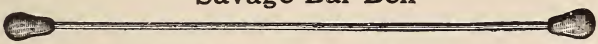

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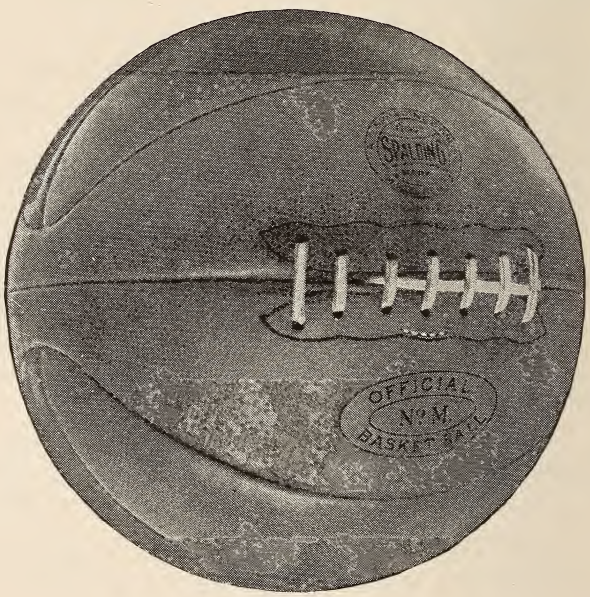

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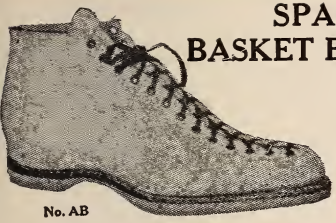

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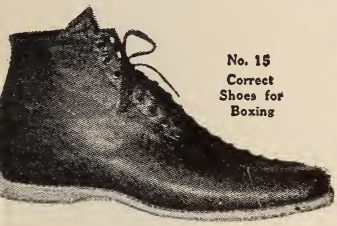

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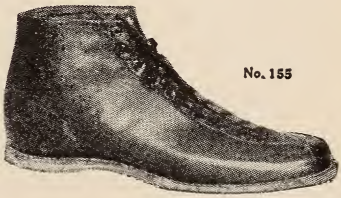

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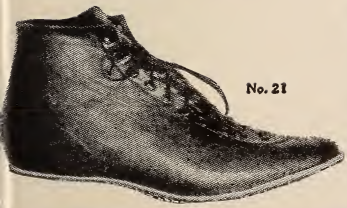
No. 21. High cut, black leather, electric soles. Sewed and turned, which makes shoes extremely light and flexible. Pair, $3.25



No. 21

No. 20. Low cut. Otherwise as No. 21. Sewed and turned shoes. Pair, $2.50

No. 20L. Women's. Otherwise as No. 20. Sewed and turned shoes. Pair, $2.50

No. 20

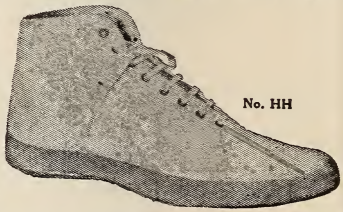
ACCEPT NO SUBSTITUTE **THE SPALDING TRADE-MARK** GUARANTEES QUALITY

Spalding Canvas Top Gymnasium and Basket Ball Shoes

No. P

No. **P.** Special quality soft rubber soles. These soles absolutely hold on the most slippery floor. Light weight, durable, correct in design. Sizes, 5 to 11 only. No other sizes. . . . . Pair, **$3.25** ★ *$36.00 Dozen Pairs.*

No. **HH.** High cut, white canvas uppers. Sole surface is similar to our popular gymnasium shoes, but of white, best quality rubber, twice as thick as on rubber sole canvas gymnasium shoes. Men's sizes, 6 to 12, inclusive. Pair, **$2.25** ★ *$24.30 Doz.*



No. HH

No. **HHB.** Boys', 2½ to 5½, inclusive. Otherwise same as No. H.H. Pair, **$2.00** ★ *$21.60 Doz.*

No. **HHX.** Youths,' 11 to 2, inclusive. Otherwise as No. HH. Pair, **$1.75** ★ *$18.90 Doz.*

No. **H.** Men's. As No. HH, but low cut. Sizes, 6 to 12, inclusive. Pair, **$2.00** ★ *$21.60 Doz.*

No. **HB.** Boys', 2½ to 5½ inclusive. Otherwise as No. H. Pair, **$1.75** ★ *$18.90 Doz.*

No. **HX.** Youths', 11 to 2, inclusive. Otherwise as No. H. . Pair, **$1.60** ★ *$17.28 Doz.*

Spalding High Grade Canvas Shoes, with Rubber Soles

MEN'S—Sizes, 6 to 12, inclusive.

No. **IH.** High cut, best quality white rubber soles. White canvas. Pair, **$1.75** ★ *$18.90 Doz.*

No. **I.** Low cut. Otherwise as No. IH. Pair, **$1.50** ★ *$16.20 Doz.*

No. **M.** High cut. . " **.95** ★ *10.26* "

No. **K.** Low cut. . " **.80** ★ *8.64* "

YOUTHS'—Sizes, 11 to 2, inclusive.

No. **IHX.** High cut, best quality white rubber soles. White canvas. Pair, **$1.50** ★ *$16.20 Doz.*

No. **IX.** Low cut. Otherwise same as No. IHX. Pair, **$1.25** ★ *$13.50 Doz.*

No. **MX.** High cut. " **.90** ★ *9.72* "

No. **KX.** Low cut. " **.75** ★ *8.10* "

BOYS'—Sizes, 2½ to 5½ inclusive.

No. **IHB.** High cut, best quality white rubber soles. White canvas. . Pair, **$1.60** ★ *$17.28 Doz.*

No. **IB.** Low cut. Otherwise as No. IHB. . . . . " **1.50** ★ *16.20* "

No. **MS.** High cut. Pair, **95c.** ★ *$10.26 Doz.*

No. **KB.** Low cut. " **.75** ★ *8.10* "

Spalding Women's High Grade Canvas Shoes, White Rubber Soles

No. **IHL.** Similar to No. IH, narrow lasts. All Sizes. . . . . Pair, **$1.60** ★ *$17.28 Doz.*

No. **IL.** Similar to No. I, narrow lasts. All Sizes. . . . . " **1.40** ★ *15.12* "

Spalding Special Grade Canvas Shoes, White Rubber Soles

MENS'—Sizes, 6 to 12, inclusive.

No. **WM.** High cut. Pair, **$1.10** ★ *$11.88 Doz.*

No. **WK.** Low cut. " **.90** ★ *9.72* "

YOUTHS'—Sizes, 11 to 2, inclusive.

No. **WMX.** High cut. Pair, **95c.** ★ *$10.26 Doz.*

No. **WKX.** Low cut. " **80c.** ★ *8.64* "

BOYS'—Sizes, 2½ to 5½ inclusive.

No. **WMB.** High cut. Pair, **$1.05** ★ *$11.34 Doz.*

No. **WKB.** Low cut. Pair, **85c.** ★ *$9.18 Doz.*

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A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

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Prices in effect July 5, 1916. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

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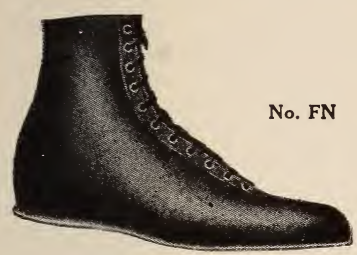
SPALDING GYMNASIUM AND ACROBATIC SHOES



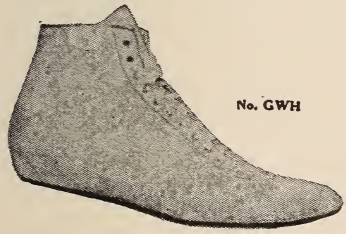
No. FN

No. **FN.** Corrugated rubber sole, special leather uppers. This shoe is made after a special model supplied by us to the U. S. Naval Academy, Annapolis, and has been characterized as the most satisfactory shoe for gymnasium use, and especially for acrobatic and wrestling wear ever made. . . Pair, **$5.00**

No. FL
Pat. Aug. 17, 1915

No. **FL.** Extra high cut canvas acrobatic shoes. (Patented August 17, 1915). Special leather soles, will not harden. Shoes are reinforced where upper and sole are attached. Pair, **$1.75**
No. **FE.** Extra high cut, best quality canvas shoes with leather soles. Especially for acrobatic work. . . . Pair, **$1.50** ★ *$16.20 Doz.*
No. **E.** Low cut canvas, canvas soles. Pair, **35c.**

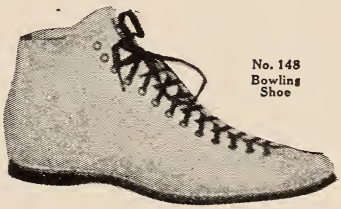
Spalding Knockabout Leather Gymnasium Shoes



No. GWH

No. **GWH.** High cut, pearl colored leather. Flexible soles. Well made. . Pair, **$2.00**
No. **GW.** Low cut, otherwise as No. GWH. Pair, **$1.50**

Spalding Special Bowling Shoes



No. 148
Bowling
Shoe

No. **148.** For bowling and general gymnasium use. Light drab chrome tanned leather uppers with electric soles. Laces extremely low down. Pair, **$4.50**

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Spalding Athletic Shirts

STOCK SIZES: 26 to 46 inch chest. STOCK COLORS: Worsted shirts, plain colors, except where otherwise specified, carried in stock in Gray, White, Navy Blue, and Black. Cotton shirts, plain colors, carried in stock in Bleached White, Navy Blue, Black, Maroon and Gray. SPECIAL ORDERS. All shirts listed on this page (except where noted), we furnish in any colors on special order, at no extra charge. No more than two colors in any striped garment.

No. 10E

Spalding Sleeveless Shirts

No. **10E.** Sleeveless. Best quality worsted. Each, **$2.50** ★ *$27.00 Doz.*
No. **600.** Worsted. . " **1.75** ★ *18.90* "
No. **700.** Sleeveless. Worsted. Light weight. Each, **$1.50** ★ *$16 20 Doz.*
No. **6E.** Sanitary cotton. " **.50** ★ *5.40* "
No. **600S.** Worsted. Six-inch stripe around chest, carried in stock in following combinations of colors: Navy with White stripe, Black with Orange stripe, Maroon with White stripe, Black with Red stripe, Gray with Cardinal stripe. Each, **$2.00** ★ *$21.60 Doz.* Special style striping supplied in No. 600S Shirts on special orders at no extra charge.
No. **700S.** Worsted, light weight. Six-inch stripe around chest Color combinations as No. 600S. Special order only. . . Each, **$1.75** ★ *$18.90 Doz.*
No. **6ES.** Sanitary cotton, solid color body, with six-inch stripe around chest, in same combinations of colors as No. 600S . . Each, **75c.** ★ *$8.10 Doz.*

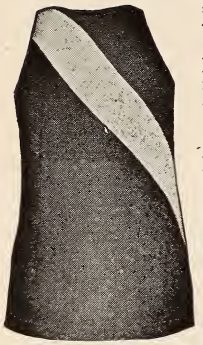
No. 600S

Spalding Quarter Sleeve Shirts

No. **601.** Worsted. . Each, **$2.00** ★ *$21.60 Doz.*
No. **6F.** Sanitary cotton. " **.50** ★ *5.40* "

Spalding Rowing Shirt

No. **YR.** Sanitary cotton. Quarter sleeve. Supplied in White with any color silk binding around neck and sleeves and down front. On special order only. Each, **$1.25** ★ *$13.50 Doz.*



No. 600D

Spalding Athletic Shirts

No. **600D.** Worsted, sleeveless, with woven sash of any color. Special orders only, not carried in stock. One only, Each, **$3.00.** Two or more, Each, **$2.50**
No. **6WD.** Sanitary cotton, sleeveless, with woven sash. Navy with White sash, Black with Orange sash, Maroon with White sash, Black with Red sash, Gray with Cardinal sash. Special orders only, not carried in stock. . - . Each, **$1.25** ★ *$13.50 Doz.*
No. **6ED.** Sanitary cotton, sleeveless, solid color body, with sash stitched on. Same combinations of colors as No. 6WD. . . Each, **75c.** ★ *$8.10 Doz.*
No. **600V.** Worsted, sleeveless, V-neck. Special orders only, any color. Each, **$1.75** ★ *$18.90 Doz.*

No. 600V

No. **600NV.** Same as No. 600V, but any two colors striping around neck. Special orders only. . . . . Each, **$2.50** ★ *$27.00 Doz.*
No. **600N.** Same as No. 600NV, but round instead of V-neck. Special orders only. Each, **$2.50** ★ *$27.00 Doz.*

Woven Necklace on Shirts

Nos. 600, 601 or 600S Shirts, special orders only, with necklace stitched on of different color to body of shirt, extra charge of **$1.00** per garment.

Spalding Leotards

Not Carried in Stock.

On special orders only and in any color. For Gymnasium Use, Acrobatic Work, etc.
Leotards are supplied with or without legs, and equipped if required with bib or dickie. Mention color for dickie when ordering.
No. **1L.** Combining athletic shirt and trunks. Made of best quality worsted. . Each, **$5.00**
No. **10L.** Good quality worsted. " **4.00**
No. **12L.** Worsted. . . . . " **3.00**

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No. 10B

No. 1 Running Pants

No. 4F

No. WS.

No. WH

SPALDING TIGHTS AND TRUNKS

STOCK SIZES: 24 to 42 inch waist. STOCK COLORS: Worsted knee and full tights and trunks, except where otherwise specified, Gray, White, Navy Blue, Maroon, and Black. Any other color on special orders, no extra charge. Cotton knee and full tights, except where otherwise specified, Bleached White, Navy Blue, Black, Maroon or Gray. Special orders in any color at no extra charge.

Spalding Knee Tights

No. **10B.** Best quality worsted. Pr., **$2.50** ★ *$27.00 Doz.*
No. **604.** Good quality worsted. " **1.75** ★ *18.90* "
No. **4B.** Sanitary cotton. . . " **.50** ★ *5.40* "

Spalding Full Length Tights

No. **1A.** Best worsted, full fashioned.
Pair, **$5.00** ★ *$54.00 Doz.*
No. **WA.** Special wrestling full tights. Specially reinforced. Special orders only. . . . . Pair, **$6.00**
No. **605.** Good quality worsted. Pr., **$3.00** ★ *$32.40 Doz.*
No. **3A.** Cotton, full quality. White, Black, and Flesh.
Pair, **$1.00** ★ *$10.80 Doz.*

Spalding Worsted Trunks

No. **10.** Best quality worsted, belt loops. Regular stock colors and, on special orders, in any other color.
Pair, **$2.75** ★ *$29.70 Doz.*
No. **2.** Good worsted; in stock in Navy or Black.
Pair, **$1.25** ★ *$13.50 Doz.*

Velvet Trunks

No. **3.** Fine velvet. Black, Navy, Royal Blue, Maroon. Special colors to order, no extra charge.
Pair, **$1.25** ★ *$13.50 Doz.*
No. **4.** Sateen. Black, White. " **.50** ★ *5.40* "

Spalding Y. M. C. A. Trousers

No. **3.** Flannel, good quality. . . . . Pair, **$3.00**
No. **4.** Flannel. . . . . Pair, **$2.00** ★ *$21.60 Doz.*

White Duck Trousers

No. **3.** Good quality. . . . . Pair, **$2.00**

No. 1

No. 3

Spalding Running Pants

STOCK SIZES: 22 to 42 inch waist, cut good and full in size. Specify size and color when ordering. Nos. 1, 2, 3, 4D and 4 are made with fly front and laced back.

No. **1.** Special quality White or Black Sateen. . Pair, **$1.25** ★ *$13.50 Doz.*
No. **2.** Good quality White or Black Sateen. . . " **1.00** ★ *$10.80* "
No. **3.** White or Black Sateen. . . . . " **.85** ★ *9.18* "
No. **4D.** White Drill. For indoor or Y.M.C.A. work. " **.75** ★ *8.10* "
No. **4F.** Adjusting arrangement at sides. In White, Black, Gray Twill. Pr., **60c.**
No. **4C.** College style, fly front, wide hips and short legs. No elastic. Made in White, Black or Gray Twill. . . . . Pair, **50c.**
No. **4.** White, Black or Gray Twill. . . . . Pair, **50c.** ★ *$5.40 Doz.*
No. **6.** White muslin. . . . . Pair, **35c.**
Silk Ribbon Stripes down sides of above running pants. Pr., extra, **25c.** ★ *$2.70 Doz.*
Silk Ribbon Stripe around waist of above running pants. " " **25c.** ★ *2.70* "

Boys' Knee Pants

No. **2B.** Blue Flannel Y.M.C.A. Knee Pants, with stripe down side. Pair, **$2.50**
No. **14B.** Quality as No. 4 Y.M.C.A., stripe down side. Pr., **$1.25** ★ *$13.50 Doz.*

Spalding Wrestling and Gymnasium Wear

Spalding Wrestling Supporter

No. **WS.** Mercerized silk elastic; strong and durable. . . . Each, **$2.00**

Spalding Special Pads for Wrestling

To be Sewn on Wrestling Tights

No. **62.** Tan leather, padded. Pr., **50c.** No. **61.** Cloth covered, padded. Pr., **25c.**

Spalding Wrestling Head Harness

No. **WH.** Always useful and sometimes indispensable. . . . Each, **$3.00**

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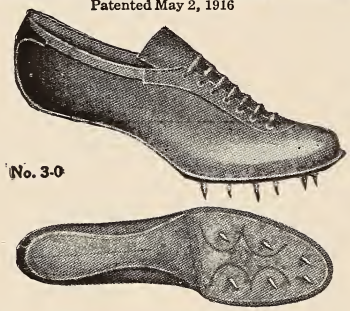
Spalding "Olympic Championship" Running and Jumping Shoes

All of these are fine turned shoes. Finest kangaroo uppers and fine leather soles. The same style shoes that we supplied to the American athletes who were so successful at the last Olympic Games, and are worn in competition by all prominent athletes in this country.

Spalding "Monitor" Sprint Running Shoes

Patented May 2, 1916

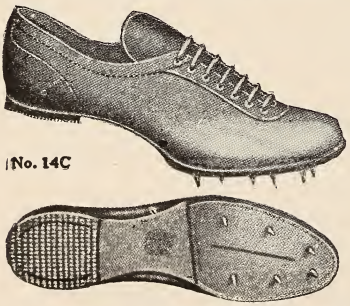


No. 3-0. Lightest running shoe made. Hand made spikes. Especially for 100 or 220 yards races. Strictly bench made throughout.
Pair, **$6.00**

Spalding "Olympic Championship" Short Distance Running Shoes

No. **2-0.** Extremely light and glove fitting Hand made steel spikes. Worn by all champions for short distances, especially 440 and 880 yards and one mile races. . Pair, **$6.00**

Spalding "Olympic Championship" Long Distance Running Shoes



No. **14C.** For long distance races on athletic tracks. Rubber heels, flexible shanks. Hand made steel spikes in soles. No spikes in heels. . . . . Pair, **$5.00**

Spalding "Olympic Championship" Jumping Shoes

No. **14H.** Specially stiffened soles. Hand made steel spikes placed as suggested by champion jumpers. Also correct shoes for shot putting, weight and hammer throwing. . Pair, **$6.00**

Rubber Heels To Be Put Inside Jumping Shoes

No. **E.** Inside rubber heels for jumping, hurdling and pole vaulting shoes. . . . . Pair, **25c.**

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Spalding "Olympic Championship" Running and Jumping Shoes

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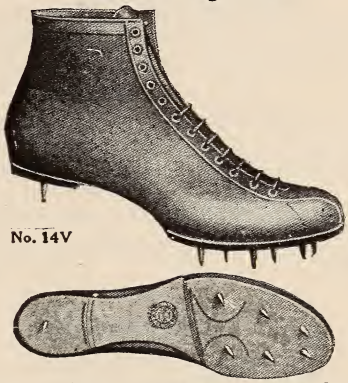
Spalding "Olympic Championship" Walking Shoes

No. 14W

No. **14W.** For competition and match races. These shoes are the same as are used by all champion walkers. . . . . Pair, **$5.00**

Spalding "Olympic Championship" Pole Vaulting Shoes

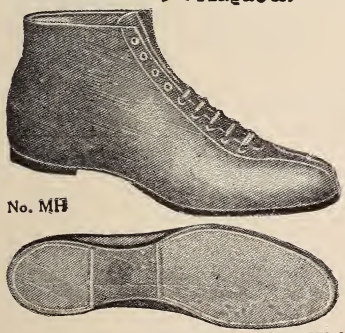


No. 14V

No. **14V.** High cut, special last. Hand made steel spikes in soles; one spike in heels. To order only. Not carried in stock. Pair, **$6.00**

On special orders we will supply Pole Vaulting Shoes with one high and one low cut shoe at no extra charge.

Spalding MARATHON "Μαραθών" Long Distance Running Shoes



No. MH

No. MO

No. **MH.** High cut but light in weight. Well finished inside so as not to hurt the feet in a long race. Special leather soles, will not wear smooth; light leather heels, soft leather uppers. Hand sewed. . . . . Pair, **$5.00**

No. **MO.** Low cut. Blucher style. Otherwise same as No. MH. . . . . " **5.00**

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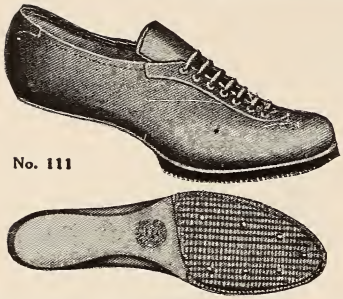
Spalding Running and Jumping Shoes

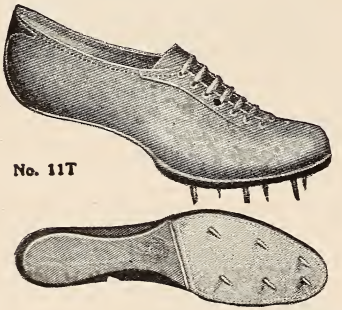


Spalding Indoor Running Shoes

No. **111.** Soft leather, corrugated rubber soles, with spikes. . . . . Pair, **$5.00**

Spalding Outdoor Jumping Shoes

No. **14J.** Strong leather; machine made. Durable. Steel spikes. Pair, **$5.00** ★ *$54.00 Doz.*



Spalding Outdoor Running Shoes

No. **11T.** Soft leather uppers, machine made; solid leather tap sole holds spikes firmly in place. Pair, **$5.00** ★ *$54.00 Doz.*

No. **11.** Strong leather, machine made. . . . . " **3.50** ★ *36.00 Doz.*

Juvenile Outdoor Running Shoes

No. **12.** Leather, good quality, complete with spikes. Sizes 12 to 5 only. . . . . Pair, **$3.00**

Cork Athletic Grips

No. **2.** Best quality cork, with elastic bands. . . . . Pair, **20c.**

No. **1.** Selected cork, shaped. . . . . " **15c.**

Keep the uppers of all running shoes soft and pliable by using Spalding "Dri-Foot." It will greatly add to the wear of shoes. . . . Can, 10c.

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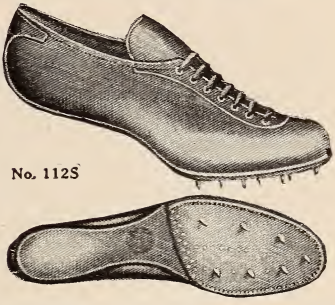
Spalding Indoor Running and Jumping Shoes

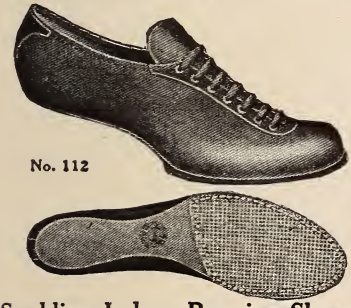
Spalding Indoor Jumping Shoes

No. **210.** Hand made. Strong uppers, rubber tap soles and rubber heels. . . Pair, **$5.00**



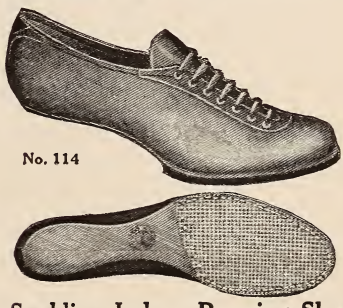
Spalding Indoor Running Shoes

No. **112S.** Good leather uppers and leather soles, short spikes. Pair, **$4.00** ★ *$42.00 Doz.*



Spalding Indoor Running Shoes

No. **112.** Good leather, rubber tap soles. No spikes. . . . . Pair, **$4.00** ★ *$42.00 Doz.*



Spalding Indoor Running Shoes

No. **114.** Leather uppers; rubber tap soles. No spikes. . . . Pair, **$3.00** ★ *$33.00 Doz.*

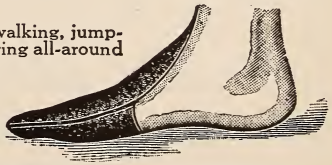
Spalding Juvenile Indoor Running Shoes

No. **115.** Leather, good quality, without spikes. Sizes 12 to 5 only. . . . . Pair, **$2.50**

Chamois Pushers

No. **5.** Fine Chamois skin. Should be used with running, walking, jumping and other athletic shoes, especially in long races or during all-around competition. . . . . Pair, **35c.**

No. **L.** Specially prepared leather, suitable for use with all athletic shoes. . . . . Pair, **25c.**



Use Spalding "Dri-Foot" on uppers and soles of Running and Jumping Shoes. It prevents deterioration of the leather and keeps them soft and pliable. . Can, 10c.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more at one time. Quantity prices NOT allowed on items NOT marked with ★

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"SAFETY FIRST"

Why is it that a majority of the world's playgrounds are equipped with Spalding All-Steel Apparatus?

Why is it that a demand created ten years back grows greater in proportion with each new year's need?

Why is it that the Spalding reputation for Quality retains its position of eminence—unapproached?

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EFFICIENT APPARATUS FOR THE GYMNASIUM

WE MANUFACTURE and sell direct complete gymnasium outfits. Spalding apparatus is the result of twenty-five years of concentrated thought on the subject of efficiency as applied to gymnasium work. In every piece you will find exclusive refinements of adjustments, design and construction.

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OUTFITS FOR GIRLS' SCHOOLS

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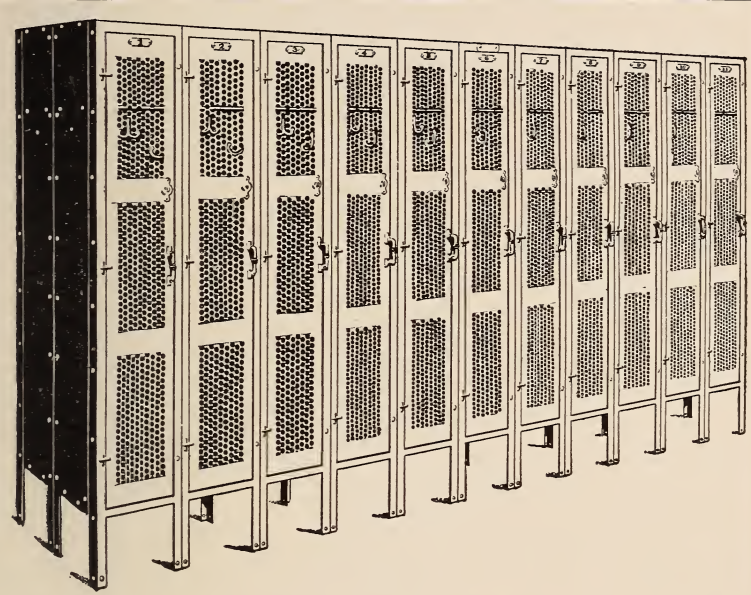

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having found their quality and workmanship to be in keeping with the class of work manufactured by them.

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STORES IN ALL LARGE CITIES

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Standard Policy

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality.

To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz.: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that 17 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

"The Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair and legitimate profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

"The Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

First.—The user is assured of genuine Official Standard Athletic Goods.

Second.—As manufacturers, we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This briefly, is "The Spalding Policy," which has already been in successful operation for the past 17 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

Standard Quality

An article that is universally given the appellation **"Standard"** is thereby conceded to be the criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold and the fact of its being Genuine is **guaranteed** by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for forty years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the Guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

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BIRMINGHAM, ENGLAND
MANCHESTER, ENGLAND
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KANSAS CITY
SAN FRANCISCO
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PORTLAND
MINNEAPOLIS
ST. PAUL
DENVER
DALLAS

Factories owned and operated by A. G. Spalding & Bros. and where all of Spalding's Trade-Marked Athletic Goods are made are located in the following cities

NEW YORK BROOKLYN **CHICAGO BOSTON** **SAN FRANCISCO PHILADELPHIA** **CHICOPEE, MASS. LONDON, ENG.**